



## Overcoming Self-Harm and Suicidal Thoughts (Paperback)

By Liz Quish

Hammersmith Health Books, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. A practical guide for parents, teachers, youth workers and others caring for and working with teenagers/young adults who engage in self-harming and have suicidal thoughts - or even attempt suicide. Filled with tips on how to support vulnerable teenagers and increase their self-esteem and resilience, Liz Quish s book: offers a uniquely integrative and holistic approach, focusing on all aspects of well-being: social, emotional and physical outlines the purpose and function of self-harming behaviours and dispels the myths about self-harm while also offering strategies to support a teenager who self-harms offers key insights into suicide risk factors and preventative measures while also providing guidance for those who have lost a loved one through suicide and advice for those supporting a person through a suicide bereavement.

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