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Sommario/riassunto	There are many types of behaviours that are considered to be deliberate self-harm (or self-injury), and young people harm themselves for different reasons. Non-fatal, self-injuring behaviours such as self-cutting, self-poisoning, self-burning and even attempted suicide are common but often hidden responses to emotional pain, and are attempts to relieve, control or express distressing feelings. This book explores the prevalence of self-harm, identifies the warning signs, and addresses the many myths and misconceptions. Advice is also presented on how to deal with these behaviours for people who