

1. Record Nr.	UNINA9910789878503321
Titolo	Self-harm and young people / edited by Justin Healey
Pubbl/distr/stampa	Thirroul, : The Spinney Press, 2012
ISBN	9781921507717 1921507713
Descrizione fisica	1 online resource (65 p.)
Collana	Issues in Society: 338 ; ; v.338
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Disciplina	306.8 616.858200835
Soggetti	Adolescent psychology Self-mutilation in adolescence -- Prevention Self-mutilation in adolescence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Contents; Chapter 1 - Young people and self-harm; Exploring issues - worksheets and activities; Index
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