



Responding to Self-Harm in Children and Adolescents: A Professional's Guide to Identification, Intervention and Support

Steven Walker

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Self-harm is a growing problem in children and young people but it can be hard to understand and difficult to recognise.

Responding to Self-Harm in Children and Adolescents will help professionals to understand self-harm and respond appropriately. It covers what the risk factors are, including social exclusion, and who is most likely to self-harm. Information on what self-harm is and what causes it, including mental health issues, problems in childhood and trauma, is included. The book also covers how to recognise self-harm and how to immediately respond in an emergency, and different intervention methods are explored. Finally, the author discusses means of support, including how parents and friends can help.

This accessible guide provides clear and easily digestible information and practical advice to any professional working with a child or young person who is suspected of, or actually self-harming.

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