



The Parent's Guide to Self Harm: What Parents Need to Know

Jane Smith

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Written by parents for parents, this handy guide book shows both how to deal—and help—when a child is engaging in self-harm

An ever-increasing number of young people are turning to self-harm in order to cope with the pressures of modern living, and this poses a huge problem for parents and others who care for them. This book provides the answers needed to the pressing questions these parents struggle with daily, and shows that there is hope in these distressing situations. Questions addressed include: *How do I know for sure whether my child is self-harming? How should I approach my child? What help and treatment is available to us? What can I do to help my child?* and *How have other parents coped?* Full of the real-life experiences of parents who have been there, this is a practical book that will both inform and equip parents to help their children and themselves get through this difficult time.

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