



# Living with Self Harm Behaviours

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# Living with Self Harm Behaviours

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## **Living with Self Harm Behaviours** Ong Say How

Why do teenagers want to harm themselves and will it lead to suicide? What are the signs to look out for?

The definitive guide to understanding and dealing with the different mental health issues that may affect children. Filled with techniques to cope and strategies to help your child thrive, no matter their environment. Revised and fully updated. Written by leading professionals in the field.

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