



Self-harm and suicide: 258 (Issues)

Cara Acred

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An estimated one in 12 children/young people are said to self-harm and, although it is not directly related to suicide, research has shown that about three in every 100 people who self-harm over 15 years will eventually kill themselves. This book deals with self-harm and suicide as two separate topics, exploring the reasons why people self-harm and experience suicidal thoughts. It also looks at coping mechanisms and real-life experiences, and at the recent links between cyber bullying and suicide.

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