

## Managing Self Harm Psychological Perspectives

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Self-harm often arises at moments of despair or emotional intensity, and its reasons are not necessarily available to the conscious mind. Managing Self-Harm explores the meaning and impact of self-harm, and the sense in which it is a language of the body. It is designed to help clinicians, people who self-harm and their families and carers to understand its causes, meaning and treatment.

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Managing Self-Harm: Psychological Perspectives. Edited by Anna Motz. Routledge. 2009. £19.99 (pb). 248 pp. ISBN: 9781583917053 - Volume 197 Issue 3 - Jack Nathan

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Self-harm It's important to know that support is available for anyone who self-harms or thinks about self-harm, as well as their friends and family. It's best to speak to a GP about self-harm, but you may also find it helpful to speak to a free listening service or support organisation.

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