



## Insight into Self-Harm (Insight Series)

*Helena Wilkinson, Abbie Robson*

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Reports from an NHS watchdog suggest that the number of people in Britain deliberately harming themselves is reaching epidemic levels. This book aims to bring awareness and possible answers both to those who suffer and those who care. Written by two authors with personal and professional experience in the field, it offers insights into the lonely, and often secret, life of those who self-harm.

The text is divided into three easy-to-use sections: Part 1 explores the nature of self-harm, who suffers and the underlying causes; Part 2 addresses the path to recovery, including the physical, emotional and spiritual aspects while Part 3 offers tips for dealing with relapse and for those helping in different settings.

A range of people will find this book helpful, from those still stuck in the dark world of self-harm, to family members, friends, church and youth workers, and those helping in a professional capacity. Readers are encouraged to address the reasons behind the issue and offered keys to coping with life's hurdles – tools and hope for recovery.

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