



# **Deliberate Self-Harm in Adolescence (Child and Adolescent Mental Health)**

*Claudie Fox, Claudine Fox, Keith Hawton*

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Self-harm in adolescence and late teens is known to be increasing, though it is difficult to detect and inconsistently recorded. This thorough, practical and evidence-based book provides guidance for professionals and parents caring for children and young people at risk of self-harm and suicide.

Claudine Fox and Keith Hawton discuss risk factors for self-harm, including depression, substance abuse and antisocial behaviour, and critically examine key screening instruments that can be used to assess risk. They describe how suicidal behaviour can be managed and prevented, and look at the effectiveness of aftercare treatment for those who self-harm, including school-based suicide-prevention programs and family therapy. Also addressed are common myths about self-harm and the problem of varying definitions in this field.

Deliberate Self-Harm in Adolescence clearly summarizes and evaluates current research into suicidal behaviour - it is essential reading for social workers, mental health professionals, GPs, teachers and parents.

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