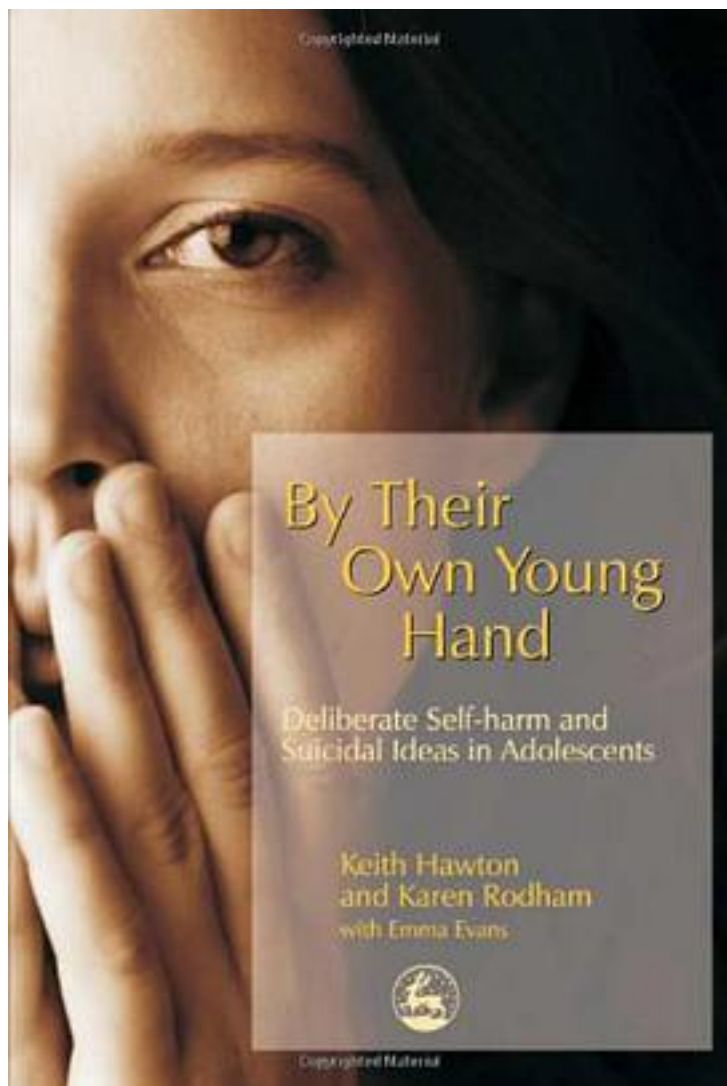


# By Their Own Young Hand



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Self harm in adolescents is an increasingly recognized problem, and there is growing awareness of the important role schools and health services can play in detecting and supporting those at risk. By Their Own Young Hand explores the findings of the first large-scale survey of deliberate self harm and suicidal thinking in adolescents in the UK, and draws out the implications for prevention strategies and mental health promotion. Six thousand young people were asked about their experiences of self harm, the coping methods they use, and their attitudes to the help and support available. The authors identify the risk and protective factors for self harm, exploring why some adolescents with suicidal thoughts go on to harm themselves while others do not, what motivates some young people to seek help, and whether distressed teenagers feel they receive the support they need.

作者介绍:

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