

Managing Self Harm Psychological Perspectives

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Managing Self-Harm | Psychological Perspectives

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.

Self-harm - NHS

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