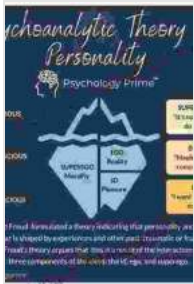


Understanding Self-Harm and Suicide: A Comprehensive Guide for Parents and Caregivers



Relating to Self-Harm and Suicide: Psychoanalytic Perspectives on Practice, Theory and Prevention

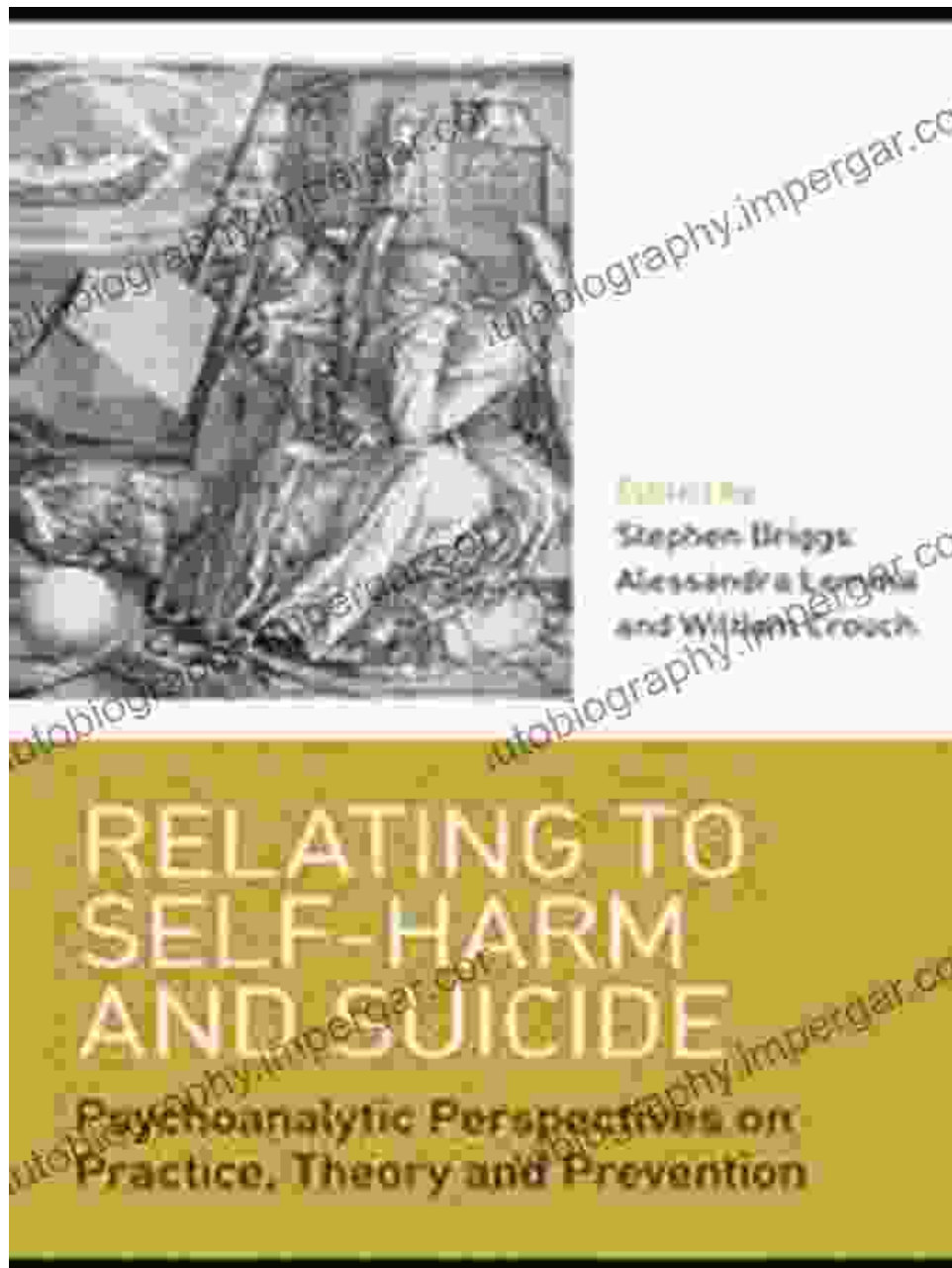
★★★★☆ 4.6 out of 5

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- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 274 pages

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Self-harm and suicide are serious issues that affect many young people today. As a parent or caregiver, it can be difficult to know how to help if you suspect that your child is struggling with these issues.

This guidebook will provide you with the information you need to understand self-harm and suicide, and how to talk to your child about these topics.

What is Self-Harm?

Self-harm is any intentional act that causes physical injury to oneself.

There are many reasons why people self-harm, including:

- To relieve emotional pain
- To express anger or frustration
- To punish themselves
- To feel in control

Self-harm is not a sign of weakness. It is a way for people to cope with difficult emotions or situations.

What is Suicide?

Suicide is the act of intentionally ending one's own life.

There are many factors that can contribute to suicide, including:

- Mental health disorders, such as depression or anxiety
- Substance abuse
- Trauma
- Bullying
- Family problems
- School problems

Suicide is a serious problem, but it is preventable.

How to Talk to Your Child About Self-Harm and Suicide

If you suspect that your child is struggling with self-harm or suicide, it is important to talk to them about it.

Here are some tips for talking to your child about self-harm and suicide:

- Be open and honest with your child.
- Let your child know that you are there for them and that you care about them.
- Listen to your child without judgment.
- Respect your child's feelings, even if you don't understand them.
- Don't be afraid to ask for help from a professional.

Getting Help

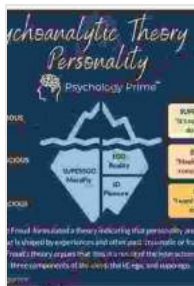
If you are concerned about your child's safety, it is important to get help.

Here are some resources that can help:

- The National Suicide Prevention Lifeline: 1-800-273-TALK
- The Crisis Text Line: Text START to 741741
- The Trevor Project: 1-866-488-7386
- Your child's school counselor or therapist

Self-harm and suicide are serious issues, but they are preventable.

By understanding these issues and talking to your child about them, you can help your child get the help they need.



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