



# Life After Self-Harm: A Guide to the Future

*Ulrike Schmidt, Kate Davidson*

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In many countries there has been an alarming increase in rates of suicide and self-harm, yet the stigma attached to these difficulties often leads to sub-optimal care.

*Life After Self-Harm: A Guide to the Future* is written for individuals who have deliberately harmed themselves. Developed through a major research project the contents of the manual have been informed and shaped by many users and expert professionals. Illustrated with multiple case-histories, it teaches users important skills:

- for understanding and evaluating self-harm
- for keeping safe in crisis
- for dealing with seemingly insolvable problems
- for developing coping strategies
- for re-connecting with life.

Health workers who regularly come into contact with individuals who have self-harmed will find the wealth of practical advice in this book extremely valuable for recommendation to patients either as a self-help book, or in the context of brief therapy.

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