



**Young People; Suicide and Self Harm**  
**By Dorothy Eddi Piper**  
**Trust for the Study of adolescence.**

This is a valuable resource book which is primarily aimed at those that work in a role supporting young people. It is divided into a number of sections that clearly explain various aspects of suicide and self harm. For parents or parent trainers the book raises interesting questions such as the reasons why talking about suicide and self harm may be distressing to adults. It also explores common misconceptions such as self harm being a form of attention seeking. The book provides guidance on who parents can talk to about these subjects and offers a comprehensive list of useful organisations.

One of the most useful sections from the point of view of a parent is the section giving strategies for helping. The descriptions of what constitutes self harm and recognising the signs that may lead to suicide are valuable for any parent.

This book is a valuable resource for both parent trainers and parents who need to take a closer look at this little talked about and often taboo subject.