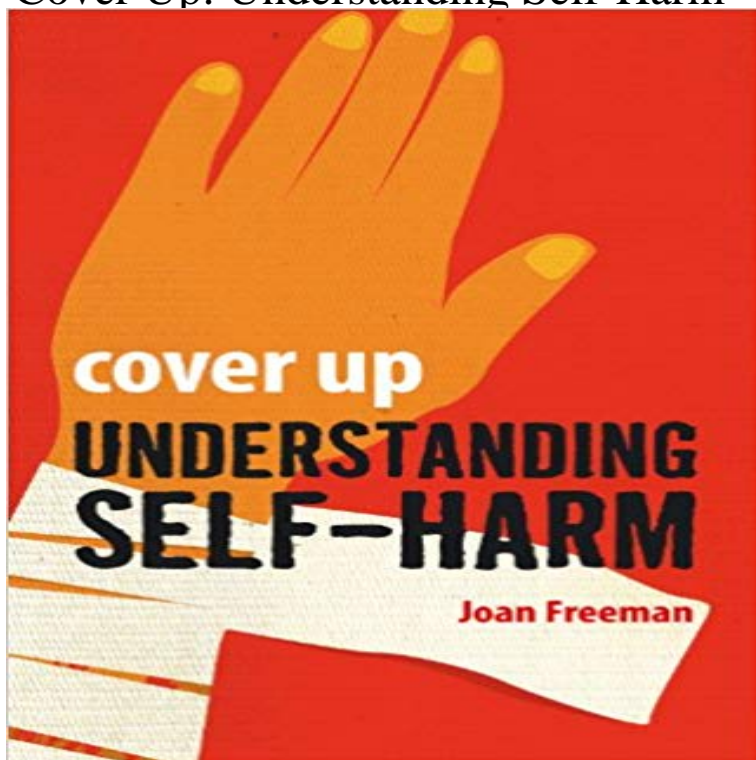


## Cover Up: Understanding Self-Harm



Cover Up: Understanding Self-Harm is a guide for parents, teachers, therapists or anyone who lives with, supports or provides therapy for people who self-harm. This book blows away the stigma and myths that are attached to this distressing behaviour. It explains fully and comprehensively what self-harm is really about and includes a step-by-step section on how people who self-harm should and can be supported and helped.

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