

Self Injury

Akron-Summit County Public Library

Nonfiction

Cummings, Judy Dodge. **Self Injury: The Ultimate Teen Guide**, 2015. TEENNF 616.8582 C971s
In this book, Cummings defines self-injury, examines the causes, and offers coping mechanisms for teens.

Mialki, Stephanie. **Self Harm**, 2017. TEENNF 616.8582 M618s
Discusses self-mutilation and other self-harmful behavior, including why some individuals harm themselves, the risks of self-injury, and how to treat and prevent it.

Shapiro, Lawrence E. **Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure**, 2008. TEENNF 616.8582 Sh529s
Helps teens explore the reasons behind their need to hurt and focuses on positive ways to deal with issues of stress and control. It also gives teens various skills to help them regain control of their feelings and communicate with parents and counsellors.

Shea, John M. **Self Injury and Cutting: Stopping the Pain**, 2014. TEENNF 616.8582 Sh539s
Written for young and older teens, this book defines self-injury, suggests ways to stop cutting and offers suggestions on how to help friends who self-injure.

Fiction

Anderson, Laurie Halse. **Wintergirls**, 2009. TEEN
Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder.

Glasgow, Kathleen. **Girl in Pieces**, 2016. TEEN
After surviving a suicide attempt, a fragile teen isn't sure she can endure without cutting herself. This novel explores teen self-harm and the "healing power of artistic expression.

Kuderick, Madeleine. **Kiss of Broken Glass**, 2014. TEEN
A tale told through evocative verse chronicles a mandatory seventy-two-hour psychiatric evaluation of a teen who has been caught cutting herself in an effort to feel alive.

McCormick, Patricia. **Cut**, 2002. TEEN
While confined to a mental hospital, thirteen-year-old Callie slowly comes to understand some of the reasons behind her self-mutilation, and gradually starts to get better.

Rainfield, Cheryl. **Scars**, 2010. TEEN
Kendra is dealing with self-harm, stemming from memories of sexual abuse. This is a YALSA top pick for reluctant readers.

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