Cry Of Pain: Understanding Suicide And Self-harm

J. Mark G Williams


This book is truly different from the usual books written about suicide. It is not a book about statistics nor a book about the religious issues surrounding the suicide of a loved one. Dr. Williams provides insight for the surviving loved ones to understand the “Cry of Pain” our loved ones felt. It is the only book that brought me some TRUE understanding about my own husband’s suicide. This book is helpful in dealing with the full range of emotions families are left to cope with for years to come. I still re-read it regularly and receive new benefits as I pass through different states.

Self-harm describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult or distressing thoughts and feelings [3]. It most frequently takes the form of cutting, burning or non-lethal overdoses. However, it can also be any behaviour that causes injury - no matter how minor, or high-risk behaviours [4]. Self-harm is sometimes viewed as a suicide attempt by people who don’t understand it. For many people self-harms is about trying to cope with difficult feelings and circumstances. Some people have described it as a way of staying alive and surviving these difficulties. However, some people who self-harm can feel suicidal and might attempt to take their own life, which is why it must always be taken seriously. [19].
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References.

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