

namely the DSM-5 and ICD-10, in relation to clinical conditions, for example bipolar affective disorder.

There is an entire chapter dedicated to self-harm in adolescents. Given that this area occupies a large proportion of day-to-day clinical work, a firm grasp on how self-harm manifests, associated demographics and risk factors is essential. Practical advice discussed within the text, namely risk assessment and management, is further summarised in bullet-point format within boxes to consolidate knowledge and aid clinical practice.

This text strikes a good balance of theoretical knowledge with sound, practical advice supported by robust evidence, enabling its use as a reference text in day-to-day clinical practice.

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