

## Why do young people self-harm?

A look at the reasons why rates of self-harm amongst young people are rising across Europe.

Dr. Laurence Baldwin  
Coventry University, UK

## After Work Lecture

2. Februar 2017  
Winterthur

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For most people the concept of self-harm leads to an emotional response such as disgust, shock, horror or puzzlement. It is difficult for most of us to understand why anyone would intentionally inflict pain on themselves. Across Europe, however, the rates of young people harming themselves by cutting, self-poisoning, burning and other means are rising rapidly. This talk will look at some of the reasons behind this increase in self-injurious behaviour, the distress that leads young people to go to such lengths, and some of the factors which are contributing to the increase in numbers of young people presenting in Emergency Departments and mental health services. In particular we will look at the role of social media in contributing to this phenomenon, as well as the ways in which healthcare professionals can respond in a helpful way.



Dr Laurence Baldwin

Laurence Baldwin is a Senior Lecturer in Mental Health Nursing in the Faculty of Health and Life Sciences at Coventry University, UK. He was previously the Nurse Consultant for Child and Adolescent Mental Health Services in Derbyshire, and spent most of his 30 years in the National Health Service working with children, young people and their families across the Midlands of England. His research interests are in professional identity in mental health, and he has practical expertise in child and adolescent mental health, particularly ADHD, Autistic Spectrum Disorders and self harm.

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