



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."
~ Kirsti A. Dyer



All New Brunswick residents can access the **Healing Books Project** collection free of charge, all you need is a library card.

If you need help, you may call your local public library.

❖ By clicking on any title, you will be taken directly to the New Brunswick Public Library website.

Self-harm	Format	Call Number	ISBN	Author
A Short Introduction to Understanding and Supporting Children and Young People Who Self-harm	Book	616.8582 FIT	9781849052818	Fitzpatrick, Carol
A Short Introduction to Understanding and Supporting Children and Young People Who Self-harm	EBOOK-E	E-BOOK	9780857005847	Fitzpatrick, Carol
Freedom from Self-harm	Book	616.8582 GRA	9781572246164	Chapman & Gratz
Freedom from Self-harm	EBOOK-E	E-BOOK	9781608824441	Chapman & Gratz
Helping Teens Who Cut	Book	616.8582 HOL	9781462527106	Hollander, Michael
Helping Teens Who Cut	EBOOK-E	E-BOOK	9781462528745	Hollander, Michael
Letting Go of Self-destructive Behaviors: A Workbook of Hope and Healing	Book	616.8582 FER	9781138800762	Ferentz, Lisa