

Young Women's Newsletter 2

A newsletter for young women who are concerned about self-injury



Adolescent Angst...

A new report about adolescent emotional and mental health in the UK.

The research gives the findings of research with 1000 young people aged between 12 and 19. The findings about self harm include the following:

- 17% of adolescents answered yes the question "have you ever wanted to self harm?" this included 24% of girls aged 15 to 17

- 13% of adolescents in the study said that they had actually self harmed but the figure was highest at 19% for 15-17 year old girls

More information about the research can be found at: <http://www.prioryhealth-care.co.uk/webfiles/news/adolescentangstreport.pdf>

New Posters...

We have a new poster to let people know about the Young Women's Group and about other services for young people at Bristol Crisis Service for Women. If you would like some copies of the poster to put up at your school, college, place of work or another venue in the South West, please call the office on 0117 9279600.

**Next Young Women's Group Meeting
Saturday 28 January 2006. See over the
page for details.**

The first Young Women's group meeting on 3rd December....

Hopes for the group included:

- the group should be a creative group
- that the group should get things done like campaigning and raising awareness
- that the group be a place where everyone is respected
- we recruit more members for the group

In the session we also decided that the next group meeting would include time to consider guidelines for how young people who self injure should be treated in hospitals and designing a leaflet to give advice and information to young people about self injury.

Next Young Women's Group...

The next meeting will be held on Saturday 28 January 2006 at the

Southville Centre,
Beauley Road,
Bristol
BS3 1QG.

The meeting starts at 11am. We are happy to pay bus or train fares and to arrange transport from the station but please let us know at least 2 days before the meeting. If you want to attend, please ring and ask for Lorna at the office, the number is 0117 9279600 or email lorna.bcsw@btconnect.com, alternatively you can text us on 07985364472 with a convenient time to call you back.

Writing Group...

In the spring, Claire Williamson will be running a writing group for young women with experience of self injury. The workshops will take place in central Bristol. If you want to be involved in this group let us know by using the contact details above.

Bristol Crisis Service for Women is a national agency providing support and information to women and young people who self-injure. Self injury includes cutting, biting, head banging, swallowing poisons or other ways of hurting oneself. Our women's helpline is open
Fri/Sat 9pm - 12.30am and Sun 6pm - 9pm.

General information

Bristol Crisis Service for Women

Helpline, information and training around self-injury.
www.users.zetnet.co.uk/BCSW
0117 927 9600

Connexions

Advice, information and support for 13-19 year olds
www.connexions.gov.uk

Lifesigns

Voluntary organisation raising awareness of self-injury.
www.lifesigns.org.uk

Off the Record (Bristol)

Information, advice and counselling for young people (aged 11-25 years)
www.otrbristol.org.uk
Freephone 0808 808 9120

Off the Record (BANES)

Free and confidential information and advice service for young people aged 12-25 living in Bath and North East Somerset.
Free Phone 0800 3895551
www.offtherecord-banes.co.uk

Young Bristol

Young Bristol works with young people offering lots of activities and ways to get involved in what's happening in your area.
www.youngbristol.com

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