

Articles/Reports

National Inquiry into Self-Harm among Young People.

The UK's first major investigation of self-harm was launched in March 2004. Interim reports are available on the website. The final report will be published in Autumn 2005.

Contact: Dr Marcia Brophy, Project Manager, Self-Harm Inquiry, Camelot Foundation, University House, 11-13 Lower Grosvenor Place, London. Tel: 020 7828 6085. Web: www.selfharmUK.org e-mail: info@selfharmUK.org

Deliberate self harm in adolescents: self report survey in schools in England

K Hawton, K Rodham, E Evans, R Weatherall, British Medical Journal, volume 325, 23 November 2002, bmj.com

Encountering Self-Harm in Psychotherapy and Counselling Practice Maggie Turp, British Journal of Psychotherapy, 15 (3) 1999

Hurting inside out: Young women and self-harm

YWCA briefing, available from YWCA, Clarendon House, 52 Cornmarket St, Oxford OX1 3EJ, www.ywca-gb.org.uk, 01865 304 200

Look beyond the scars Paul Bywaters and Alison Rolfe, National Children's Homes report, available from NCH, 85 Highbury Park, London N5 1UD, www.nch.org.uk/selfharm 0207 704 7000.

Newsletters

The Self-Injury Forum newsletter, available from The Basement Project, PO Box 5, Abergavenny NP7 5XW. Tel: 01873 856 524 <http://freespace.virgin.net/basement.project/>

SASH (Survivors of Abuse and Self-Harm)

SASH is an adult only penfriend network which offers support and understanding of survivors of abuse and self-harm.

Contact: 20 Lackmore Road, Enfield, Middlesex EN1 4PB, sashpen@aol.com

Guidelines

National Institute for Clinical Excellence (NICE). Information for the Public, Self-Harm:

Short-term treatment and management.

Understanding NICE guidance - information for people who self-harm, their advocates and carers and the public (including information for young people under 16 years). Tel: 020 7067 5800.

www.nice.org.uk

Bristol Crisis Service for Women

Helpline, information and training. Have a series of booklets about self-injury, including information in different languages. Provide a self-help book for young people, a training pack and training for those working with people who self-injure. Also has a list of self-harm self-help groups around the country. Contact Bristol Crisis Service for Women for a full information pack and publications list.

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Self-injury resources & bibliography

Bristol Crisis Service for Women

PO Box 654 Bristol BS99 1XH

www.users.zetnet.co.uk/bcsw/

Helpline: 0117 925 1119

Office/Admin: 0117 927 9600

Registered charity 1092299

Video

Visible memories

Available from Mind in Croydon

www.mindincroydon.org.uk, 020 8668 2210

People who self-injure describe their experiences and approaches they find helpful or unhelpful

Young People

The Rainbow Journal For young people who self-injure, Bristol Crisis Service for Women, see front for contact details.

What's the harm? Booklet available from The Basement Project, PO Box 5, Abergavenny, NP7 5XW, 01873 856 524

Self-inflicted Violence Issues, volume 77, 2004. Series editors: Craig Donnellan, Claire Boyd, Independence, Cambridge

Who's Hurting Who? Helen Spandler, 1996, available from 42nd Street, 2nd floor, Swan Buildings, 20 Swan Street, Manchester M4 5JW. 0161 8320169

Worried about self-injury? Booklet available from Young Minds, 102-108 Clerkenwell Road, London EC1M 5SA, www.youngminds.org.uk, 0207 336 844

National Inquiry into Self-Harm among Young People - see Articles and Reports

Books

The Scarred Soul. Understanding and Ending Self-inflicted Violence Tracey Alderman, 1997 New Harbinger, Oakland

The Language of Injury: Comprehending Self-Mutilation Gloria Babiker, and Lois Arnold, 1997 BPS Books, Leicester

Understanding Self Harm Crisis Recovery Unit, Fitzmary One Ward, Bethlem Royal Hospital, Monks Orchard Road, Beckenham, Kent BR3 3BX, 0208 776 4102, written by residents and staff

The 'Hurt Yourself Less' Workbook E Dace et al, 1998 National Self-Harm Network, available from NSHN, PO Box 7264, Nottingham NG1 6WJ, info@nshn.co.uk, www.nshn.co.uk

Self-harm: a psychotherapeutic approach Fiona Gardner, 2001 Brunner-Routledge

Cutting. Understanding and overcoming self-mutilation Steven Levenkron, 1998 Norton, New York/London

Women who hurt themselves. A book of hope and understanding Dusty Miller, 1994 Basic Books, New York

Cutting the Risk National Self-Harm Network, see above for contact details

Women and self-harm G Smith, D Cox, and J Saradjian, 1998 Women's Press, London

Books (cont.)

A Bright Red Scream - Self-mutilation and the language of pain Marilee Strong, 2000 Virago, London

Healing the hurt within Jan Sutton, 1999 Pathways, Oxford

Hidden Self-Harm: Narratives from Psychotherapy Maggie Turp, 2003 Jessica Kingsley Publishers

Women Living with Self-Injury Jane Wegshcheider Hyman, 1999 Temple University Press, Philadelphia

Websites

www.nshn.co.uk. UK survivor led organisation. Committed to campaigning for the rights and understanding of people who self-harm.

www.projectspear.com. Supports people who self-harm. Provides a national postal support service. Also has a telephone enquiry service.

www.selfharm.org. Self-injury guidance and network support. Offer a free monthly newsletter and a safe message board.

www.selfharm.org.uk. Young People and Self-Harm information resource, by the NCB.

www.siari.co.uk
Self Injury And Related Issues is an information site maintained by a counsellor and trainer.