

Young Women's Newsletter 5

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



Truth Hurts....

The National Inquiry into Self-harm among Young People published a full report at the end of March 2006. The report highlighted:

- " the need for an awareness campaign targeted at professionals, parents and young people,
- " young people are more likely to turn to friends their own age for help rather than relatives, teachers or doctors,
- " a number of situations can lead to self-harm among young people, including: bullying, not getting on with parents, being anxious about academic performance, divorce, bereavement, sexual, physical or emotional abuse or difficulties with sexuality,
- " young people seeking help would like counselling, drop-in centres and facilitated self-help groups to be made available.

Chair of the Inquiry, Catherine McLoughlin CBE said: "It is vital that everyone who comes into contact with young people has a basic understanding of what self-harm is, why people do it, and how to respond appropriately. At the very least they should avoid being judgemental towards young people who disclose self-harm, should treat them with care and respect and should acknowledge the emotional distress they are experiencing." A copy of the full report and the summary are available at <http://www.selfharmuk.org/>

**Next
Young
Women's
Group,
Friday 21
April,
5.30pm
2006...**

For details, please see over the page.

Ride On
Writing exercises, safe creative space, no experience necessary.
For girls and young women (16 to 25) with experience of self-injury.
**Saturday 22 April,
Saturdays 06 and 20 May.**
Contact:
lorna.bcsw@btconnect.com
or 07985364472
or 0117 9279600
to book your place.

Next Young Women's Meeting Friday 21 April 2006...

We meet at 5.30 to 8.30pm in central Bristol. We will follow up on work done on the leaflet since the last meeting and then have our first chat about the new email service that Bristol Crisis Service will be setting up later in the year. As usual, the meeting will involve fun, drinks and snacks.

If you want to come 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. If you want to be met at the bus or railway station before the meeting please let us know about a week in advance.

Last Young Women's Group, Saturday 25 March 2006...

We worked on the text for the girls and young women's leaflet, thinking about what sort of information that would help someone who wants to understand self injury better. Then we met with Liz for a selection of games with lots of laughter.

Articles and ideas wanted...

If you have any ideas about what we could do in the future either at young women's group meetings or at special workshops, please let us know. If it's possible we will try to arrange it. Also, if you have any poems, articles, thoughts, or pictures to contribute to the next newsletter please let us know before the end of April.

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. Telephone 0117 9251119.

General information

Bristol Crisis Service for Women

Helpline, information and training around self-injury.
www.users.zetnet.co.uk/BCSW
0117 927 9600: office
0117 925 1119: helpline

Connexions

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

Young Minds

Information for children, young people and parents on a range of mental health issues.
www.youngminds.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.
Freephone 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

March 2006

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