

## Articles/Reports

### **National Inquiry into Self-Harm among Young People.**

The UK's first major investigation of self-harm and young people was launched in March 2004. Interim reports are available on the website. Download the final report *Truth Hurts* from the two year study. [www.selfharmuk.org](http://www.selfharmuk.org)  
e-mail: [info@selfharmUK.org](mailto: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, [www.bmj.com](http://www.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 [www.ywca-gb.org.uk](http://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](http://www.nch.org.uk/selfharm) 0207 704 7000.

**BCSW 2008**

## 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](http://www.nice.org.uk)

## Video/DVD

### **Visible memories**

Available from Mind in Croydon [www.mindincroydon.org.uk](http://www.mindincroydon.org.uk), 020 8668 2210  
People who self-injure describe their experiences and approaches they find helpful or unhelpful

### **Everybody Hurts**

A DVD Resource on Self-Harm and Young People. Developed by the Newham Asian Women's Project, 661 Barking Rd, Plaistow, London. Tel: 0208 472 0528. [www.nawp.org](http://www.nawp.org)

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### **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-injury self-help groups around the country. Contact Bristol Crisis Service for Women for a full information pack and publications list.



# Self-injury resources & bibliography

**Bristol Crisis Service for Women**

**PO Box 654 Bristol BS99 1XH**

**[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)**

**Helpline: 0117 925 1119**

**Office/Admin: 0117 927 9600**

**Registered charity 1092299**

## 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](http://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](mailto:info@nshn.co.uk), [www.nshn.co.uk](http://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** (BCSW website address overleaf)

**[www.nshn.co.uk](http://www.nshn.co.uk)**. UK survivor led organisation. Committed to campaigning for the rights and understanding of people who self-harm.

**[www.selfharmUK.org.uk](http://www.selfharmUK.org.uk)** Information and resources from the National Inquiry looking at young people and self-harm.

**[www.selfharm.org](http://www.selfharm.org)**. Self-injury guidance and network support. Offer a free monthly newsletter and a safe message board.

**[www.siari.co.uk](http://www.siari.co.uk)** Self-Injury And Related Issues is an information site maintained by a counsellor and trainer.