

Publications



Women and self-injury booklet series

1 Understanding self-injury

For those who self-injure, professionals and anyone else who wants to understand self-injury. This booklet explains what self-injury is and why someone might feel driven to hurt her own body. There are ideas for help and lists of resources and further reading. Explanations are illustrated with quotes from women with personal experience of self-injury.

Price £5 ISBN 0 9531348 1 4

2 Self-help for self-injury **Now available in LARGE PRINT**

This booklet is for any woman who is struggling with self-injury. It is also of value to professionals wishing to help someone overcome self-injury. It aims to help an individual understand and tackle what causes her to want to hurt herself. Again, women's own words help explain the ideas discussed.

Price £5 ISBN 0 9531348 2 2

3 For friends and family

The aim of this booklet is to help those who want to understand and support a woman or young person who struggles with self-injury. An important focus is the feelings and experience of supporters. There are quotes from partners, family and friends, and ideas to help supporters cope with their own feelings and needs.

Price £5 ISBN 0 9531348 3 0

4 Self-injury support and self-help groups

This booklet is for anyone interested in setting up or being involved in a self-help group. It examines the practical concerns as well as some of the particular issues that may arise in a group supporting people who self-injure.

Price £5 ISBN 0 9531348 4 9

5 Women from Black and Minority Ethnic Groups and Self-Injury

This booklet is of primary interest to women from black and minority ethnic groups who self-injure, but is also of interest to those working with or supporting women from black and minority ethnic groups. Available in Bengali, Chinese, English, Punjabi and Urdu. (ISBNs different for each language)

Price £2 ISBN 0 9548939 0 5

Young People

The Rainbow Journal for young people who self-injure

The Journal is aimed at helping young people move from self-harm to self-care. It has blank pages for writing about feelings and for drawing and includes artwork, quotes and poems by young people who self-injure. The Journal also has useful information on self-injury, such as helpline telephone numbers. It is A5 size, spiral bound and very bright and colourful. It can be used on its own or in conjunction with counselling, as an additional tool. Individual copies are free when ordered by under 18 year olds. Price £8 ISBN 0 9531348 8 1

Useful resources

The Pain Inside - For women in prison who self-injure

This is a book designed by women in prison. It is to be used as a tool to try and reduce levels of self-injury within women's prisons. The book includes information about self-injury, where women can get support in prison, alternatives to self-injury and has a puzzles, art and diary section. It can be used to compliment self-injury intervention work and given to prisoners to keep in their cell. Price £6. ISBN 0 9548939 5 6. **CURRENTLY OUT OF PRINT.**

Women and self-injury: a survey of 76 women

A report on research carried out by BCSW into the experience and needs of women who self-injure. Price £6 (professionals) or £3 (individuals and small groups) ISBN 0 9531348 5 7

Working with People who Self-injure

Training Pack

A specially developed modular training pack for professionals working with people who self-injure, designed to be used flexibly in one or two day workshops for workers in a wide range of settings. All materials have been developed through Bristol Crisis Service for Women's extensive work with women who self-injure, and training experience in a wide variety of agencies including mental health services, social services, secure settings, voluntary organisations. Included are trainers' notes, participative exercises, handouts, OHP originals, and resources.

Price £120.00 ISBN 0 9548939 6 4

**Updated
Summer
2007**

Good Practice Guidelines

A useful starting-point for reviewing existing practice or for the development of new services. Of relevance to individual workers, teams, managers and to service planners.

Price £8 (professionals & orgs) / £4 (individuals & small groups). ISBN 0 9531348 3 0

Leaflets (Some leaflets are available in other formats. See attached order form).

- Bristol Crisis Service for Women
- Women and self-injury
- Helpline for Women
- Young People and self-injury
- About sexual abuse
- Women from Black and Minority Ethnic Groups and Self-Injury*
- Self-help groups for self-injury
- Self-injury Resources and Bibliography
- Training: Working with people who self-injure
- Helpful responses to self-injury
- Ideas for coping with flashbacks
- Ideas for coping with anger
- Self-Injury Groups/Services in the UK
- Self-Injury and people with learning difficulties

Publications Order Form



- Please enter the number of copies required for each item.
- All prices include packing and UK postage.
- Outside UK, please contact us for postage costs
- Discounts available for bulk orders/bookshops, please call for details.

Booklets @ £5 each

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- Self-help for self-injury _____
- For friends and family _____
- Self-injury self-help groups _____
- Women from Black and Minority
Ethnic Groups and Self-Injury @ £2
- Bengali _____ Chinese _____
- English _____ Punjabi _____
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The Rainbow Journal @ £8 _____

- 10 + copies @ 10% discount
- 20 + copies @ 20% discount

~~The Pain Inside @ £6 _____~~

- ~~10 + copies @ 10% discount~~
- ~~20 + copies @ 20% discount~~

Reports @ £6 orgs/£3 ind's

- Women and self-injury. _____
- A survey of 76 women _____

Training Pack @ £120 each

- Working with People who
Self-injure (Updated Summer 07) _____

Good Practice Guidelines @ £8 orgs/£4 inds

- Working with People who Self-injure _____

Leaflets Free (Donation requested for large orders) **If you only require leaflets, please send a stamped addressed envelope.**

- Bristol Crisis Service for Women _____
- Women and self-injury _____
- Young people and self-injury _____
- About sexual abuse _____
- Self-injury resources &
bibliography _____
- Training: Working with people
who self-injure _____
- Helpline for Women _____
- Women from Black & Minority
Ethnic Groups and Self-Injury:
Bengali _____ Chinese _____ English _____
Punjabi _____ Urdu _____
- People with learning difficulties
and self-injury _____
- Helpful responses to self-injury _____
- Ideas for coping with flashbacks _____
- Ideas for coping with anger _____
- Self-help groups for self-injury _____
- List of UK Self-Injury Groups _____
- BCSW Business Cards _____
- Helpline Posters _____

Information in Braille

- (free for single copies)
- Bristol Crisis Service for Women _____
- Women and self-injury _____
- About sexual abuse _____

Information in Easy Words and Pictures (free for single copies)

- Women who hurt themselves _____
- About sexual abuse _____

Information in Large Print

- Booklet @ £5 each**
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- Leaflets (free)**
- Women and Self-Injury _____
- About Sexual Abuse _____

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I enclose a cheque/PO made payable to
Bristol Crisis Service for Women for: £ _____

I require a receipt.

I would like to be invoiced. (**Please note £2 will be added for handling**)

I would like to be kept informed of any new information and events from the Bristol Crisis Service for Women.

Gift Aid Donation

Using Gift Aid means that for every £1 you donate, the Bristol Crisis Service for Women receives an extra 28p from HM Revenue and Customs.

Please tick the box if you are a UK taxpayer and would like Bristol Crisis Service for Women to treat all donations as Gift Aid donations. (I understand that I must have paid an amount of Income Tax or Capital Gains Tax at least equal to the tax reclaimed on my donation).

THANK YOU