

"Self-harm happens when we can't communicate our feelings, when words fail us, and pain is written out instead upon the body. But words don't fail these young writers; they deal honestly with the pain, frustration and anger that lie behind such desperate acts. I hope the writing itself has helped them come to terms with their feelings; I'm sure it can go on to help others, whether self-harmers themselves, or the people who love them."

Jo Baker, author of *The Telling* and *Offcomer*, Lecturer in Creative Writing at Lancaster University

"Too often the voices of those who experience difficulties are excluded or marginalised. This book contributes toward changing that."

Mark Brown, editor, *One in Four Magazine*

In *Silent Voice* the reader is invited on a journey through life. Many issues surrounding self harm are explored - from triggers to the darkest, deepest feelings and emotions, through to recovery and self-understanding. Our hope is that you as a reader will learn something from this book - something about self harm and its triggers, or about yourself and your own journey.

Silent Voice was put together by charity and website members of the National Self-Harm Network, all of whom have experienced self harm whether it be directly themselves or indirectly through a family member or friend. This project has been funded by the Big Lottery Fund.

Visit us on <http://www.nshn.co.uk> for information, support and advice.

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The National Self Harm Network



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Silent Voice

A collection of poetry by members of the National Self-Harm Network

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