



Support . Empower . Educate

Publications

(Last updated – November 2009)

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National Self Harm Network publications

NSHN has produced a variety of information leaflets and publications. To order any items please write or email us at the addresses provided. The free leaflets are also available to download from our website.

For charged items, cheques and postal orders should be made payable to 'National Self Harm Network' and posted to us along with your order. Alternatively you can make payment by paypal.

Post: National Self Harm Network
PO Box 7264
Nottingham
NG1 6WJ

Email: info@nshn.co.uk

Website: www.nshn.co.uk

Free Leaflets

About NSHN
Advice for Friends, Family, and Carers
Basic First Aid
Advice for young people
Common Misconceptions
Distractions that can help
Self Harm report card
Self harm treatment feedback
What is Self Harm?

To purchase

The Hurt Yourself Less Workbook

'This is a workbook written by people who self-injure, for people who self-injure. It has many exercises to explore self-harm and how your life may be affected by it. It aims to help you understand it better and to be kinder to yourself.'

Price: Special Offer - £7.50 when contacting NSHN directly.



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Silent Voice

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

ISBN 978-0-9534027-1-7

Price: £5.99

External Publications

Understanding self-harm

'Making Sense of Self-harm' by Lois Arnold and Anne Magill

'A straightforward, readable guide which looks sensibly at the questions which most trouble people who encounter self-harm. Useful for workers, friends, families, supporters and all service-users'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £3.95

'Ride On' - Bristol Crisis Service for Women

'This booklet was compiled at the end of a series of writing workshops aimed at young women with experience of self-injury. During the workshops the group wrote and shared the poems and pictures included in the pages.

Copies are free to young women (16-25) with experience of self-injury. To get a copy, please contact BCSW direct.'

Available from
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>



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'Self-help for self-injury' - Bristol Crisis Service for Women

'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.'

Available from:
Bristol Crisis Service for Women
BCSW,
PO BOX 654
Bristol
BS99 1XH
Telephone: 0117 927 9600

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 2 2
Price: £5

'The Self-harm Help Book' by Lois Arnold and Anne Magill

'This is an in-depth resource for people who wish to help themselves or others in their struggles with self-harm. It is full of ideas found helpful by people who self-harm.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £5.95

'Understanding self-injury' - Bristol Crisis Service for Women

'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.'

Available from:
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 1 4
Price: £5



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'Visible Memories' – Author Croydon Mental Health Users' Group

'Self-harm is surrounded by stigma and misunderstanding, and such behaviour is often labelled as attention seeking or, mistakenly, as attempted suicide. This video allows people who self harm to describe their experiences, and shows examples statutory and voluntary agencies where there is good practice.'

Available from:
MIND Publications
15-19 Broadway
London
E15 4BQ

Website:

http://www.mind.org.uk/shop/videos/user_carer_perspectives/521_visible_memories_video

Price: £9.99

'What's the Harm?' by Lois Arnold and Anne Magill

'Clear and concise, this book is helpful for young people (and adults) beginning to explore their own self-harm. It is also a helpful resource for workers to use in working with individuals or groups.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £3.95

'Women and self-injury: a survey of 76 women' – Bristol Crisis Service for Women

'A report on research carried out by BCSW into the experience and needs of women who self-injure.'

Available from:
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 5 7

Price £6 (professionals) or £3 (individuals and small groups)



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Information/training resource packs for those working with/supporting people who Self-Harm

'For friends and family' - Bristol Crisis Service for Women

'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.'

Available from:
Bristol Crisis Service for Women
BCSW,
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 3 0
Price: £5

'Leaflets for parents/carers of children with mental health problems' by Young Minds

Titles include:
'Children and young people get depressed too'
'Bullying- why it matters'
'Do you know someone who has been sexually abused?'
'Counselling for children and young people - what parents need to know'
'Keeping in touch'
'Why do young minds matter'
'Worried about a young persons eating problems'
'What are Child and Adolescent Mental Health Services'
'Looking after ourselves'
'Eating well and feeling good'

Available from:
YoungMinds
48-50 St John Street
London
EC1M 4DG

Order Line: 0870 870 1721

Website:
<http://www.youngminds.org.uk/youngminds/publications/all-publications>
(Publications list, prices and ways to order)



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'New Strength in Numbers' by Lois Arnold and Anne Magill

'A practical guide to group work with people in distress, with special sections on groups for survivors and for those who self-harm. The book addresses the many issues to be thought about in running successful groups, and suggests creative ways of working with common themes which may arise.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £5.95

'Self-harm – A Resource Pack' - The Basement Project

'Suitable for use in organisations of all kinds. *Includes:* A complete programme for staff training, with exercises, handouts and notes for trainers; A workshop for individuals who self-harm, with creative activities and notes for facilitators; Exercises for self-harm awareness-raising sessions, with notes; Video "*Visible Memories*"; Posters and leaflets; Set of five books on self-harm.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £95

'Working with Self-injury' by Lois Arnold and Anne Magill

'This is a handbook providing information and practical guidance for those in all settings working with people who self-harm. It deals with many of the questions and dilemmas which cause most concern.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £5.95



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'Working with People who Self-injure Training Pack' - Bristol Crisis Service for Women

'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. **Modules:** What is self-injury? What issues does self-injury raise for workers? Why do people self-injure? What are the needs of people who self-injure? Professional approaches to self-injury. Skills development. Reviewing our own practice. Looking at workers' own needs. Exploring alternatives to self-injury.'

Available from:
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

Price £120.00

'Young People & Self-harm – An Educational Resource' - The Basement Project

'A set of five stimulating card-based activities for schools and young people's projects: "Self-harm – what is it?", "Fact & Fiction", "What's behind it?", "Dilemmas", "Trouble with Feelings". These will spark discussion and promote understanding of self-harm. With their positive approach these activities can be used with any group of young people, including those who self-harm and those who don't. Notes for facilitators and book "Making sense of self-harm"'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW
Telephone: 01873 856524

Website: <http://www.basementproject.co.uk/publications.html>

Price: £49



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Information specifically for young people

'Hurting Inside' by Lois Arnold and Anne Magill

'This book aims to help young people tackle difficulties they may have as a result of physical, sexual or emotional abuse or neglect. It can also be a helpful starting point for adults looking at their experiences.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £3.95

Range of booklets written specifically for young people aged 11-18 years by Young Minds

Titles include:

- 'Do you ever feel depressed?'
- 'Worried about self injury?'
- 'In school stay cool'
- 'Mental illness in your family?'
- 'Sexually abused?'
- 'Feeling angry'
- 'Worried about eating disorders?'
- 'Adolescent in-patient units - need to know more?'
- 'Want to know more about psychosis?'
- 'Entering adulthood?'

Available from:
Young Minds
PO Box 52735
London
EC1P 1YY
Order Line: 0870 870 1721

Website: <http://www.youngminds.org.uk/youngminds/publications/all-publications>

(Publications list, prices and ways to order)



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'The Rainbow Journal for young people who self-injure' - Bristol Crisis Service for Women

'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.'

Available from:
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 8 1

Price £8. (Free for women under 18 if they contact BCSW directly to request a copy)

Information on self-harm specifically for Ethnic Minorities

'Growing up Young, Asian and Female in Britain - A Report on Self-Harm and Suicide'

'This is a report based on a study at Newham Asian Women's Project exploring the issues around self-harm for young Asian women. By listening to the voices of this diverse group of women it suggests ways of improving service provision to meet their needs.'

Website: <http://www.nawp.org/consulAndResearch.htm>

'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'

Available from:
Bristol Crisis Service for Women
BCSW,
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN's different for each language

Price: £2



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Other

'Getting it Right' by Lois Arnold and Anne Magill

'This guide takes you step-by-step through the process of devising a self-harm policy, raising many issues to consider. The guide can help all types of organisation to create a policy which meets their needs and circumstances.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £10

'Good Practice Guidelines' – Bristol Crisis Service for Women

'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.'

Available from:
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 3 0

Price £8 (professionals & organisations) / £4 (individuals & small groups).

'Lifting the Lid' by Lois Arnold and Anne Magill

'This book helps workers to understand the effects of past childhood abuse on individuals and to identify ways in which they can help. It answers many questions of concern to those working in various settings.'

Available from:
The Basement Project
P.O Box 5
Abergavenny
NP7 5XW

Website: <http://www.basementproject.co.uk/publications.html>

Price: £5.95



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'Self-injury support and self help groups' - Bristol Crisis Service for Women

'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.'

Available from:
Bristol Crisis Service for Women
PO BOX 654
Bristol
BS99 1XH

Website: <http://www.users.zetnet.co.uk/bcsw/publications.htm>

ISBN 0 9531348 4 9
Price £5
