

Books on self-harm and abuse

by Lois Arnold & Anne Magill

Making Sense of Self-harm

£3.95

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.

What's the Harm?

£3.95

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.

The Self-harm Help Book

£5.95

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.

Working with Self-injury

£5.95

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.

New Strength in Numbers

£5.95

A practical guide to groupwork 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.

Hurting Inside

£3.95

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.

Lifting the Lid

£5.95

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.

Getting it Right

£10

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.

Resource Packs on self-harm

Self-harm – A Resource Pack

£95

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.

Young People & Self-harm – An Educational Resource

£49

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*”.

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