

is this journal for me?

this Journal is for you if you are a young person and you sometimes hurt your own body. The most common way people hurt themselves is probably cutting. Other ways include burning, swallowing things, picking at skin.

how can I use this journal?

we often hurt ourselves as a way of coping with painful and upsetting feelings. You can use this Journal as another way of coping with those feelings. You can also use it to explore other underlying problems.

drawing

felt tips can be good for this. Some people like to draw if they're feeling angry or hurt. There are blank pages throughout the Journal for this.

writing

writing about our problems and feelings can help us to sort them out in our heads more.

poems

some people find writing poetry very helpful. They can really express their feelings this way. You'll find some examples in the Journal.

letters

writing a letter to somebody that you're not going to send can be a very good way of getting stuff out of your system. You can then throw the letter away if you want.

when can I use this journal?

you can write or draw in it every day or simply when you feel like it. The more regularly you use it the more helpful it will probably be.

how can I get help?

in the journal you'll find useful helpline telephone numbers, websites and other information. This is on the back of art pages, which can be taken out and stuck on your wall like postcards for quick, easy use.

why is it called The Rainbow Journal?

a rainbow is a spectrum or range of colours. The Journal is based on the idea of self-harm at one end of the scale and self-care at the other. We all self-harm to some extent or another. Ideally, we aim to take better care of ourselves and move along the continuum towards the self-care end of the spectrum. Throughout the journal you'll find Spectrum pages that you can use to work out how well you're taking care of yourself and which areas you're struggling with. This will change a lot from one week to the next.

remember!!

always make looking after yourself and staying safe a priority. Writing or drawing in your Journal may be upsetting at times. Find someone to talk to or come back to it when you feel less upset.

looking after yourself

It's really important to take care of yourself while you're writing or drawing in this Journal. It's a good idea to fill in the details on this page before you start. Think about who you really trust when you're very upset then fill in the details below, so that the information is ready to hand if you need it.

If you find that you're getting distressed one option is to put the Journal down and come back to it later. You may also want to think about hurting yourself more safely, limiting the damage you do to yourself. A useful booklet with suggestions about this is 'Cutting the risk'. You'll find details of it on the 'help with self-injury' page towards the end of the Journal.

The person I feel most comfortable talking to is:

.....

Their telephone number is:

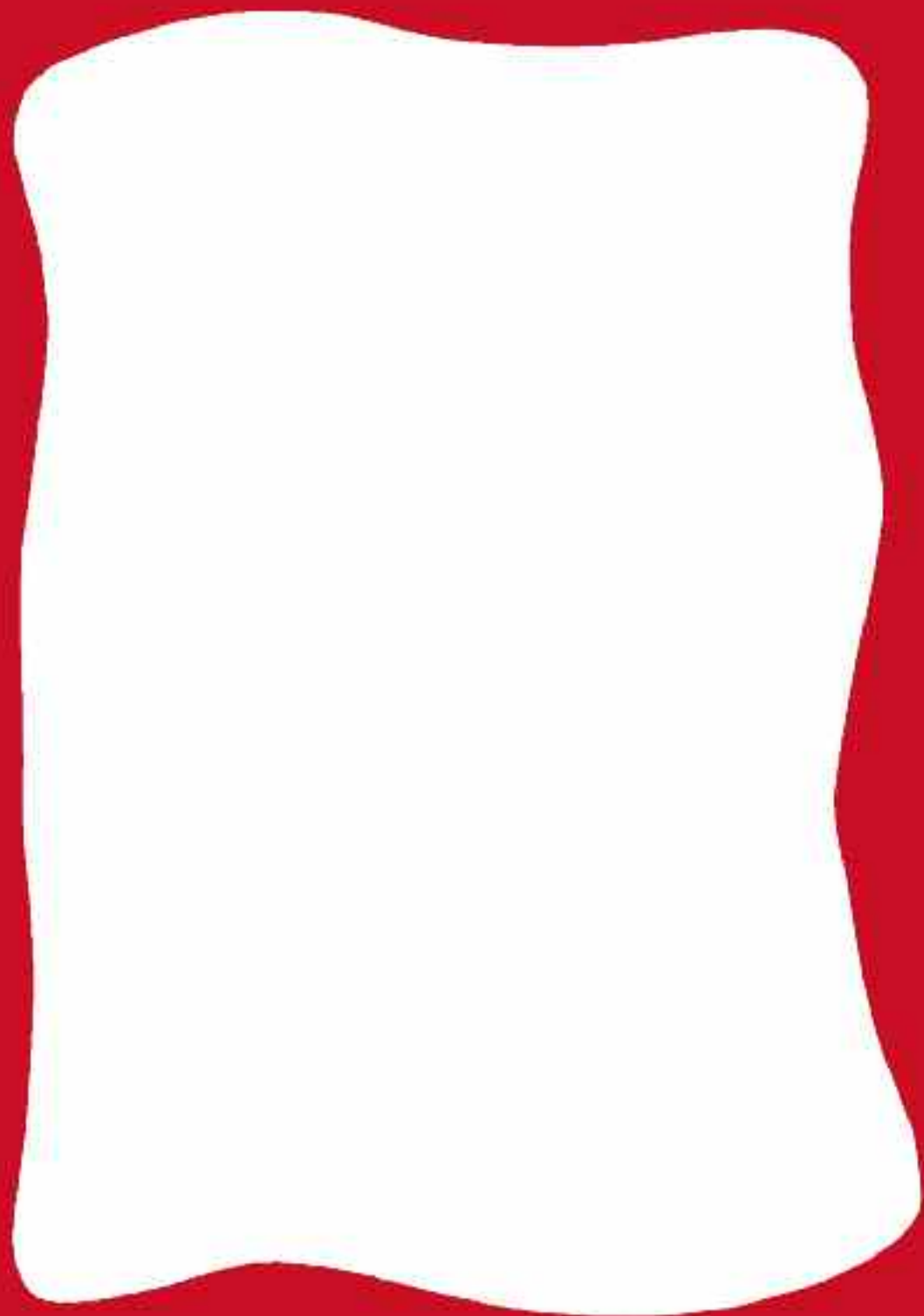
If I can't get hold of that person, I could talk to:

.....

Their telephone number is:



Mark



'Writing things down, that helps, I can write it down, I can put it away and that's it dealt with.'

anonymous



A sheet of white paper with blue horizontal lines, resembling a notepad or a page from a notebook. The paper is slightly wrinkled and has a wavy edge. The lines are evenly spaced and run horizontally across the page.

my self-care spectrum

Below is a list of different areas of our lives. We can do all of these in ways which vary from self-caring to self-harming. On the scale mark how you think you're doing this week. Write the date at the bottom so that you can look back and compare.

Self-caring

Self-harming

Eating

Sleeping

Studying/working.....

Exercising

Relaxing

Boyfriend/girlfriend/
sexual relationships

Friendships

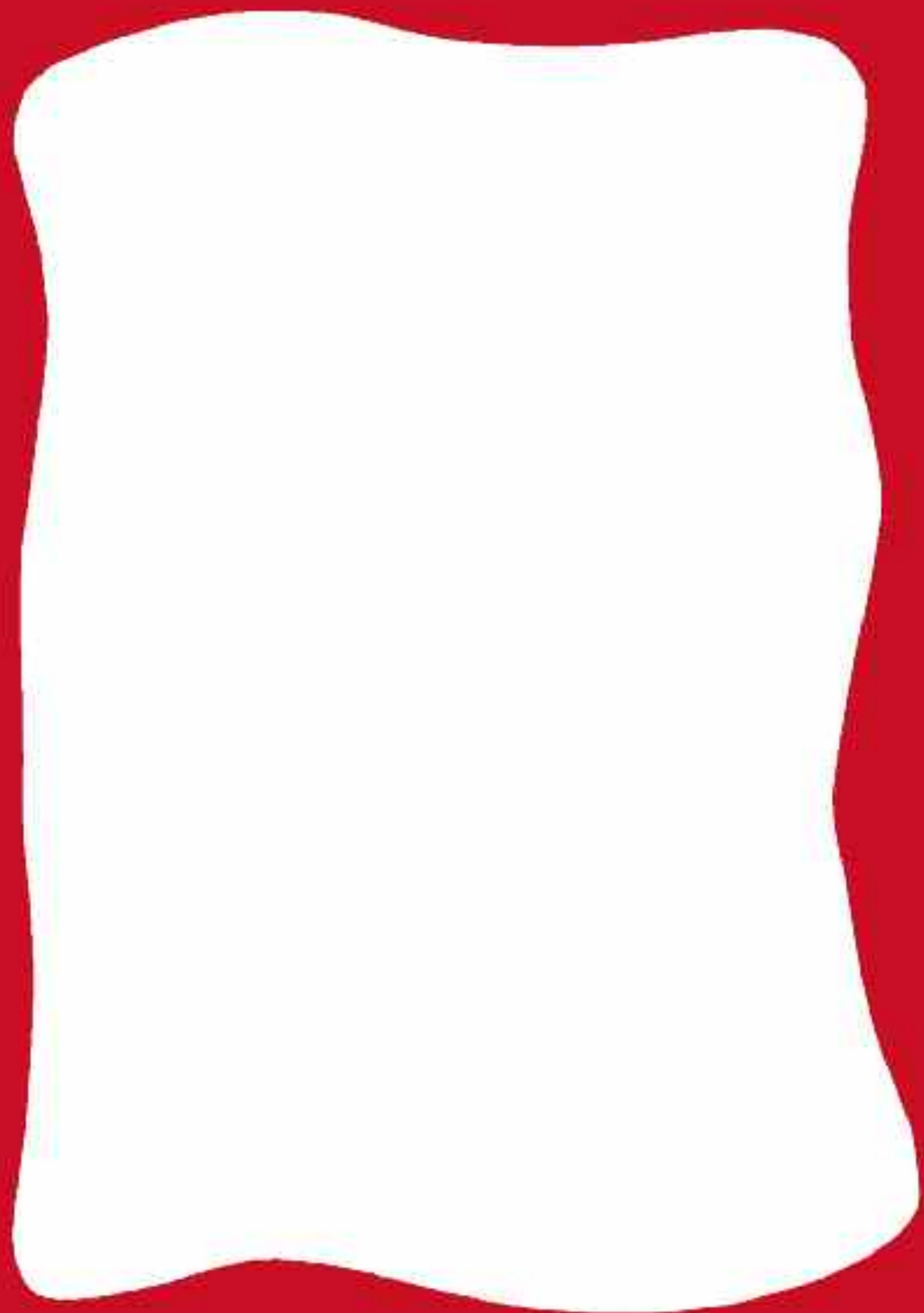
Family relationships

Alcohol/drugs/smoking

One other activity

- you choose

today's date _____



Magic Journey

I would like to be the master of fire magic

I could get to where I want when I want

*I could be a cloud of fire and move across the sky to
where we want to go*

*The only bad thing is I can't go under water because
I'm made of fire*

*I come across someone called Freezer who tries to
freeze the world*

Freezer has already frozen half of earth

*I know all I have to do is melt the frost with my wall of
flames,*

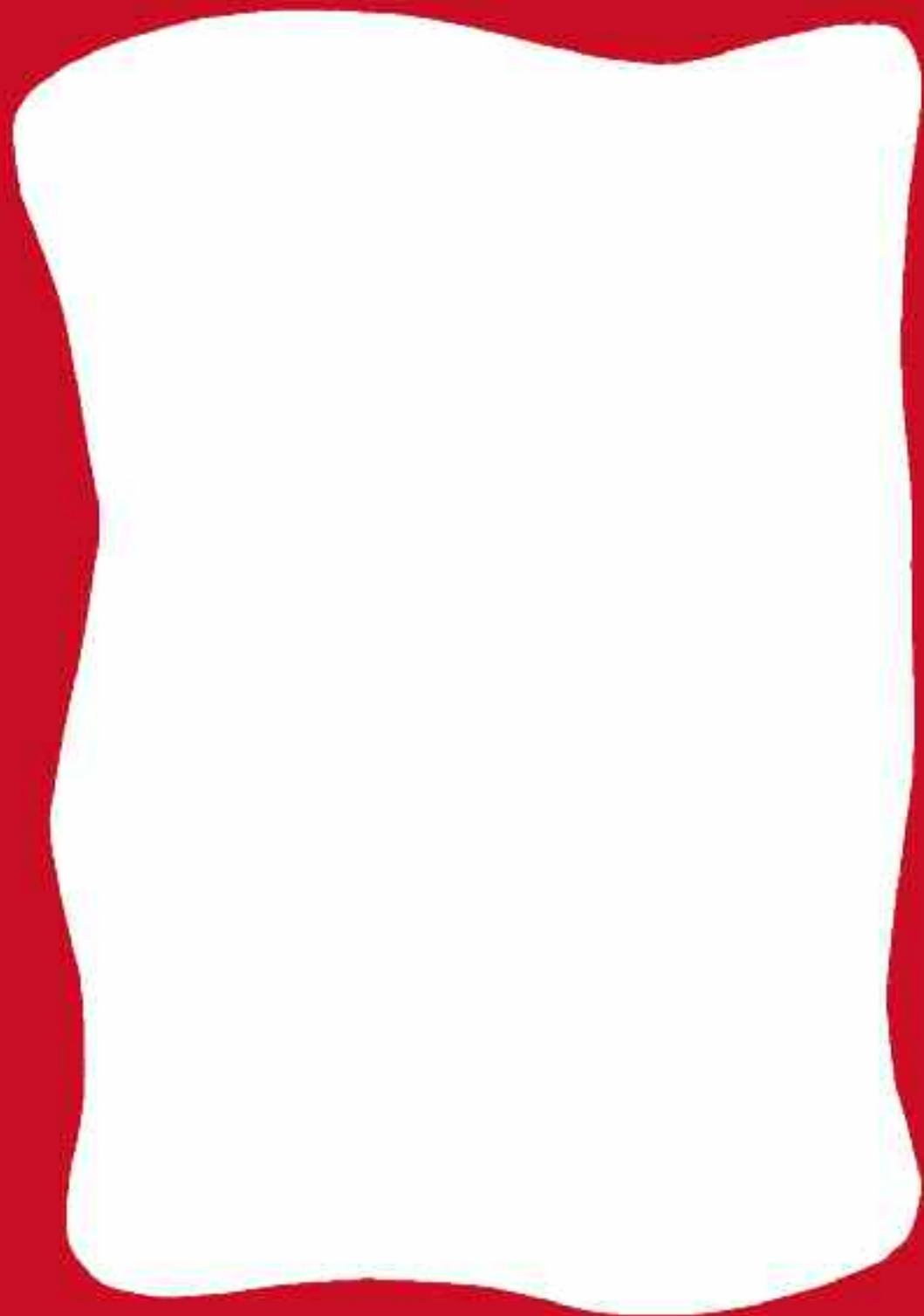
but Freezer sees me trying to help everybody,

*so he tries to freeze me and I reflect it off of me and
fire it back on him.*

Daniel, 15

*'I self-harm when I'm feeling very depressed, very low;
feeling upset.'*

Jenny



'I began to self-harm as I was hurting on the inside, so I thought I'd show it on the outside'.

Rebecca, 15

'I don't know why I did it. I felt better afterwards. I needed help, I needed 'Steri-strips'.

Richard, 14

all sorts of help

Brook - 0800 0185 023

Free, confidential sex advice and contraception for young people. Network of centres around the country, many of which offer counselling.

www.brook.org.uk

Rape Crisis Federation - 0115 900 3560

Phone for details of your nearest local branch

Childline - 0800 1111

24hr freephone helpline

Eating Disorders Youth Helpline - 0845 634 7650

It's Not Your Fault - www.itsnotyourfault.org

Website giving information and support to young people whose parents are divorcing or separating

The Samaritans - 08457 909090

24hr helpline

Who Cares? - 0500 564 570

Helpline for looked after young people

'The Young Mum's Guide'

Copy free to lone parents. Available from the Council for One Parent Families - 0207 428 5400

YWCA - Counselling & information for young women

See their website for nearest branch to you

www.ywca-gb.org.uk



anonymous

'It's a way of getting your anger out. Afterwards I still feel sad, tired and lonely.'

Stephanie, 14

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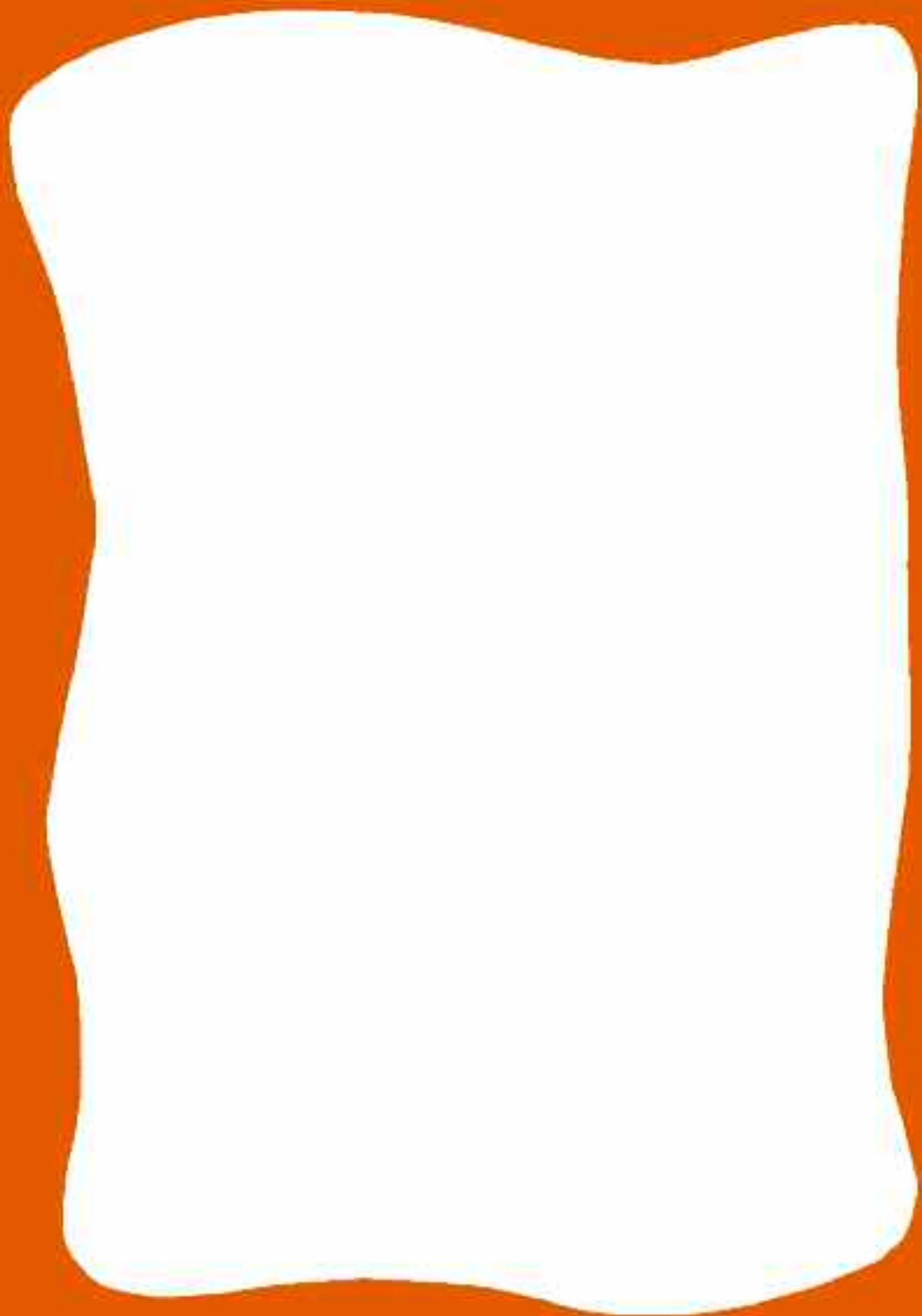
One other activity

- you choose

today's date _____



Jasmine



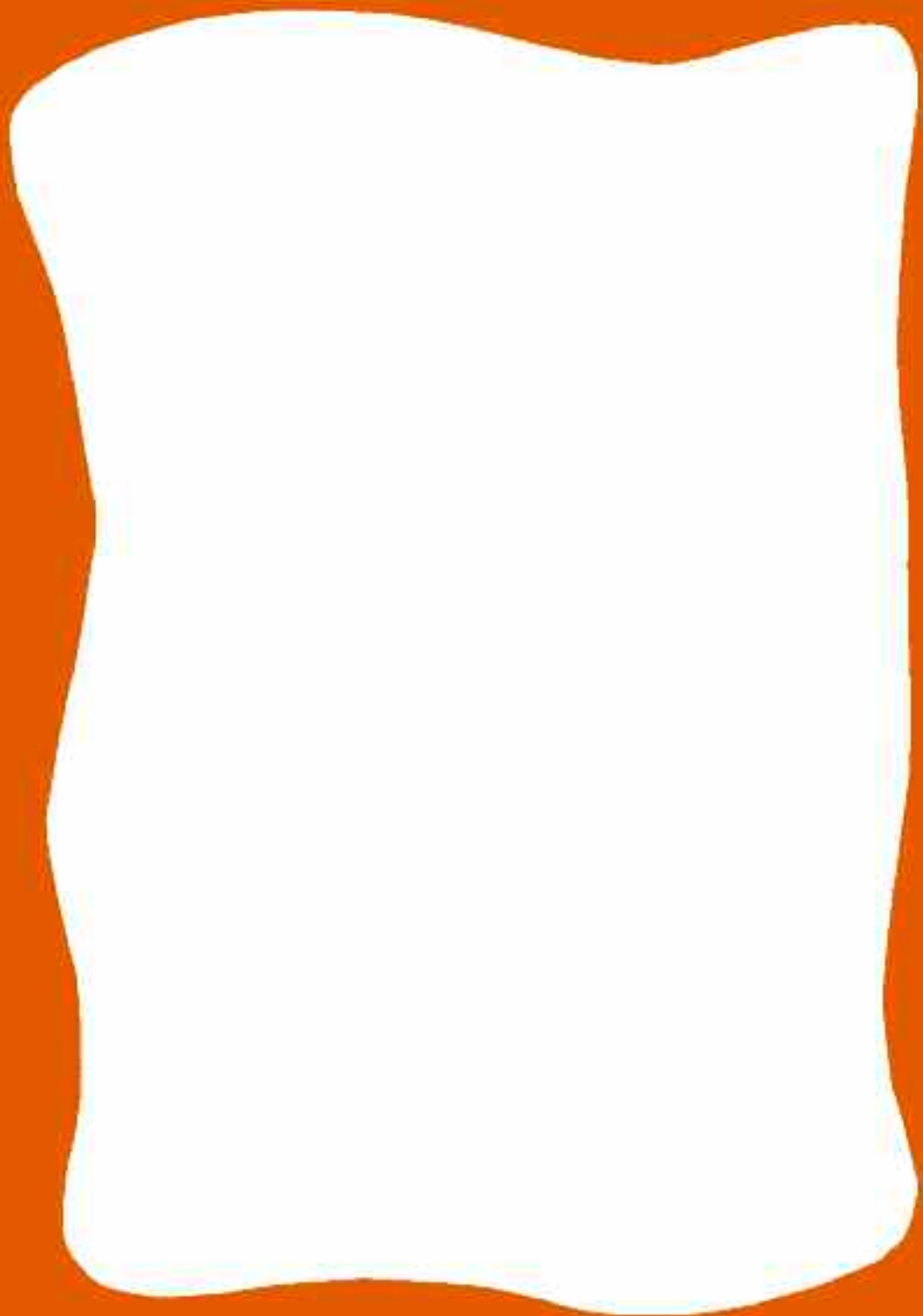
The G.P.

*You don't understand,
Make me feel stupid, small
'Doesn't it hurt?' you say
But don't understand
The hurt it hides,
The relief it brings.*

*You look at me strangely,
I am lost for words,
There feels no point in trying,
I'll still be odd whatever I say,
I cannot push that away,
As I can't erase the pain.*

*'You must be so low to do it',
But don't you understand,
It keeps me from sinking,
Saves me from the pit,
Gives visible hurt to inner hurt,
And gives me such relief.*

Hannah





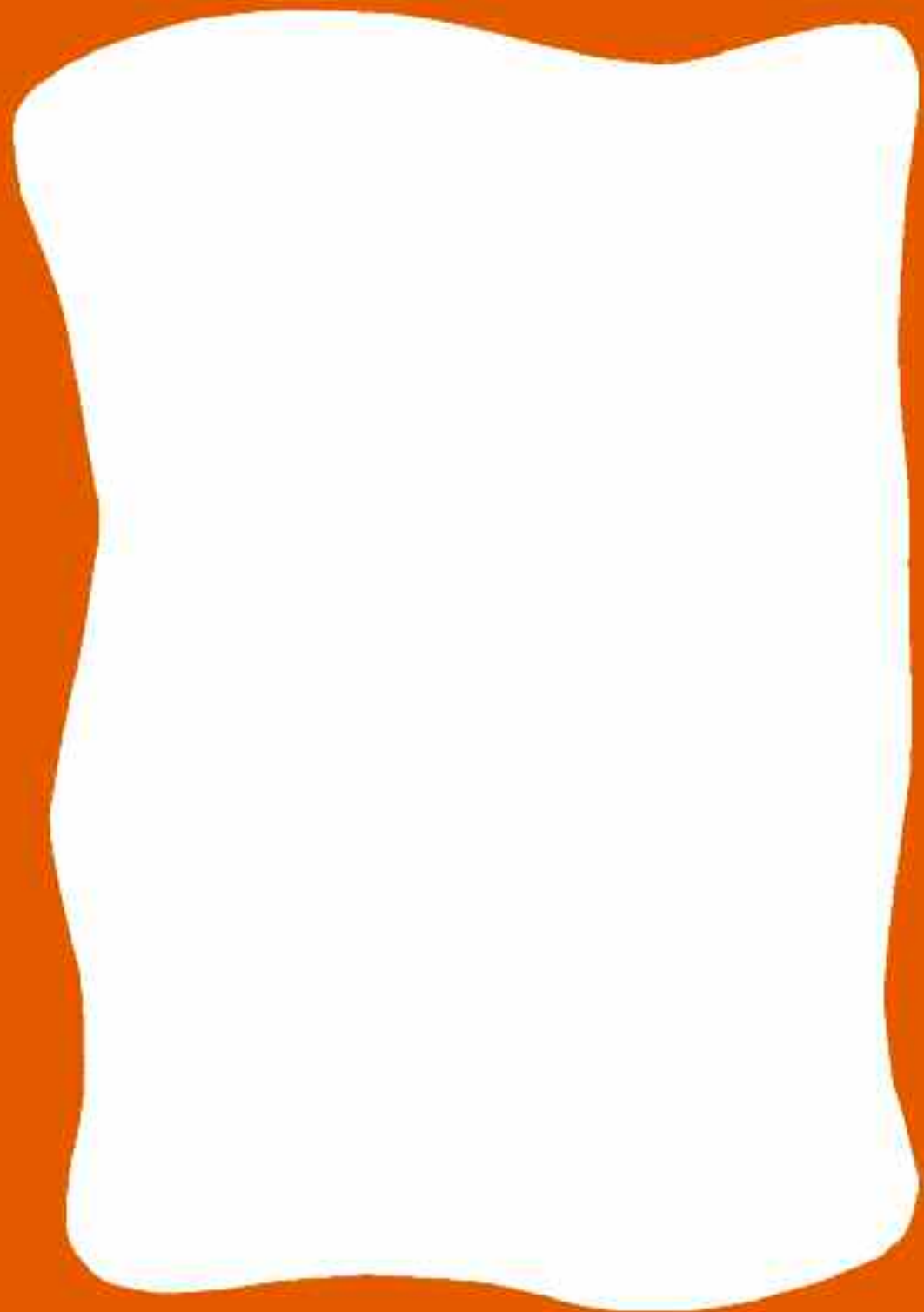
Vivienne



Viv

'My advice would be 'don't cut' because people will look at you funny and it's wrong and you're gonna hurt yourself.'

Lloyd, 14



my self-care spectrum

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who can I talk to?

At school/college

You can talk to the school nurse or a teacher you like and trust. The school may have a policy that says they have to tell your parents. Find out if this is the case. If you don't want your parents to know choose somebody different to talk to. At college there will probably be a counsellor or personal tutor you can approach.

Helplines

There are many different helplines, some specifically for those struggling with self-injury. See the 'help with self-injury' page towards the end of the Journal for details.

Drop in centres for young people

Look in the Yellow Pages to find the nearest one or phone Youth Access on 0208 772 9900. They will tell you about local services. Drop in centres often have counsellors available as well as lots of useful information.

Counsellors

Many young people find counselling very helpful to talk through their feelings and the things that are bothering them. Your GP may be able to refer you to a counsellor. If you are having counselling it can be very helpful to use this journal to write about that.



Robert

Birdsong

*A&E waiting room,
Been here all night,
Felt bad, cut myself,
Now I have to wait.*

*Wait, as dawn breaks,
Wait, as the guilt floods,
My soul, with light,
Punish myself, and wait.*

*Light outside, darkness within,
The birdsong is heard,
Can't fail to reach,
This deathly, guilt ridden soul.*

Hannah



Kirsty

Some of the myths about young people and self-injury

myth: 'it's a teenage thing; she'll grow out of it'

the reality: if a young person is hurting themselves it is a sign that something is bothering them, that they need help. If not, over time the self-injury can become more severe and more of a problem.

myth: 'he's only doing it to be cool'

the reality: whilst one-off cutting may be part of being accepted by a group, if someone repeatedly feels the need to hurt themselves then there are very likely to be underlying problems that need sorting out.

myth: 'she's just copying her mates at school'

the reality: people who self-injure find that it helps them to cope. The only reason why somebody would continue to cut themselves, or hurt themselves in other ways, is because they find that it helps to cope with the emotional pain they feel or with the problems they have in their life.

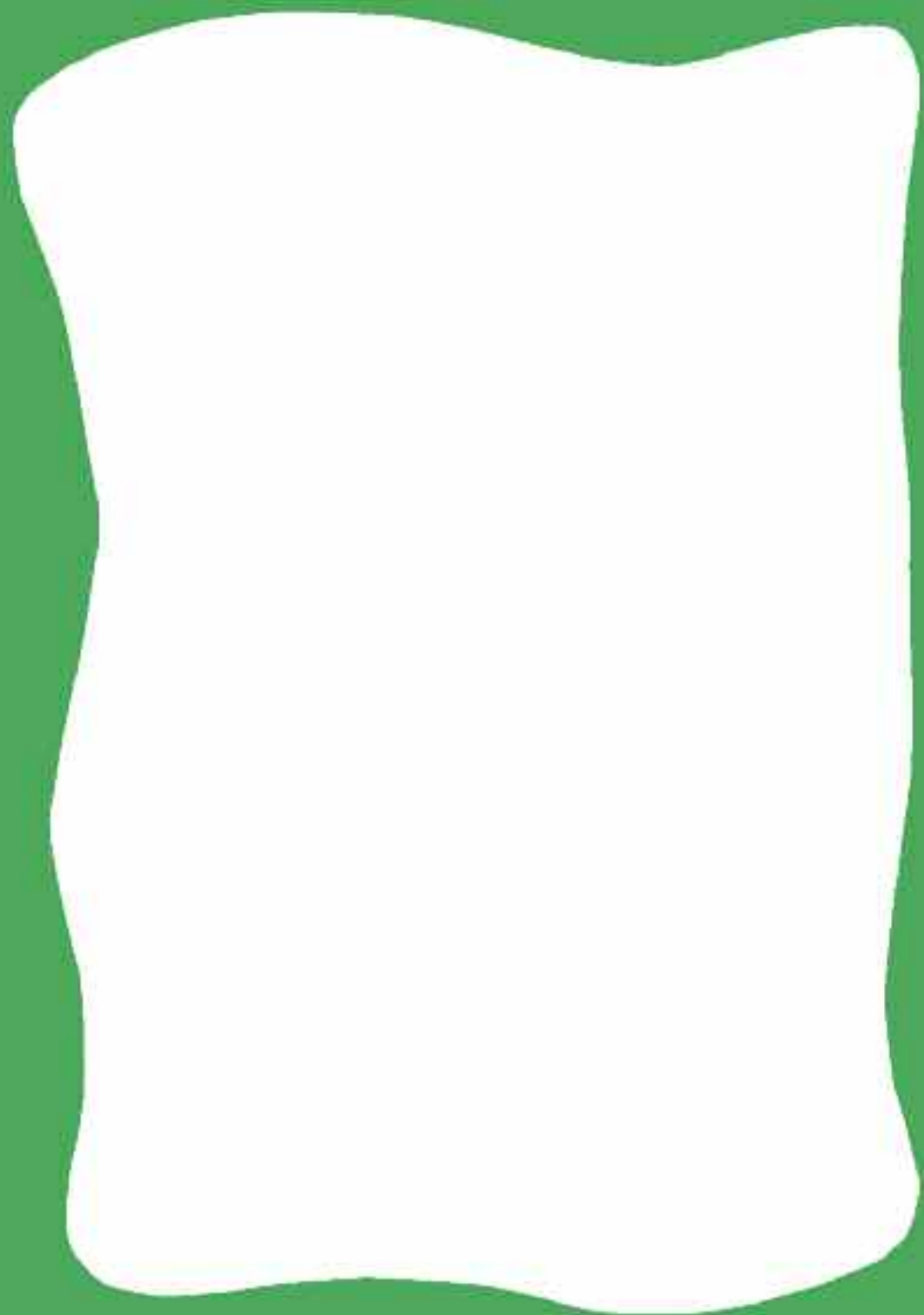
Handwriting practice lines consisting of 15 horizontal blue dashed lines on a white background.

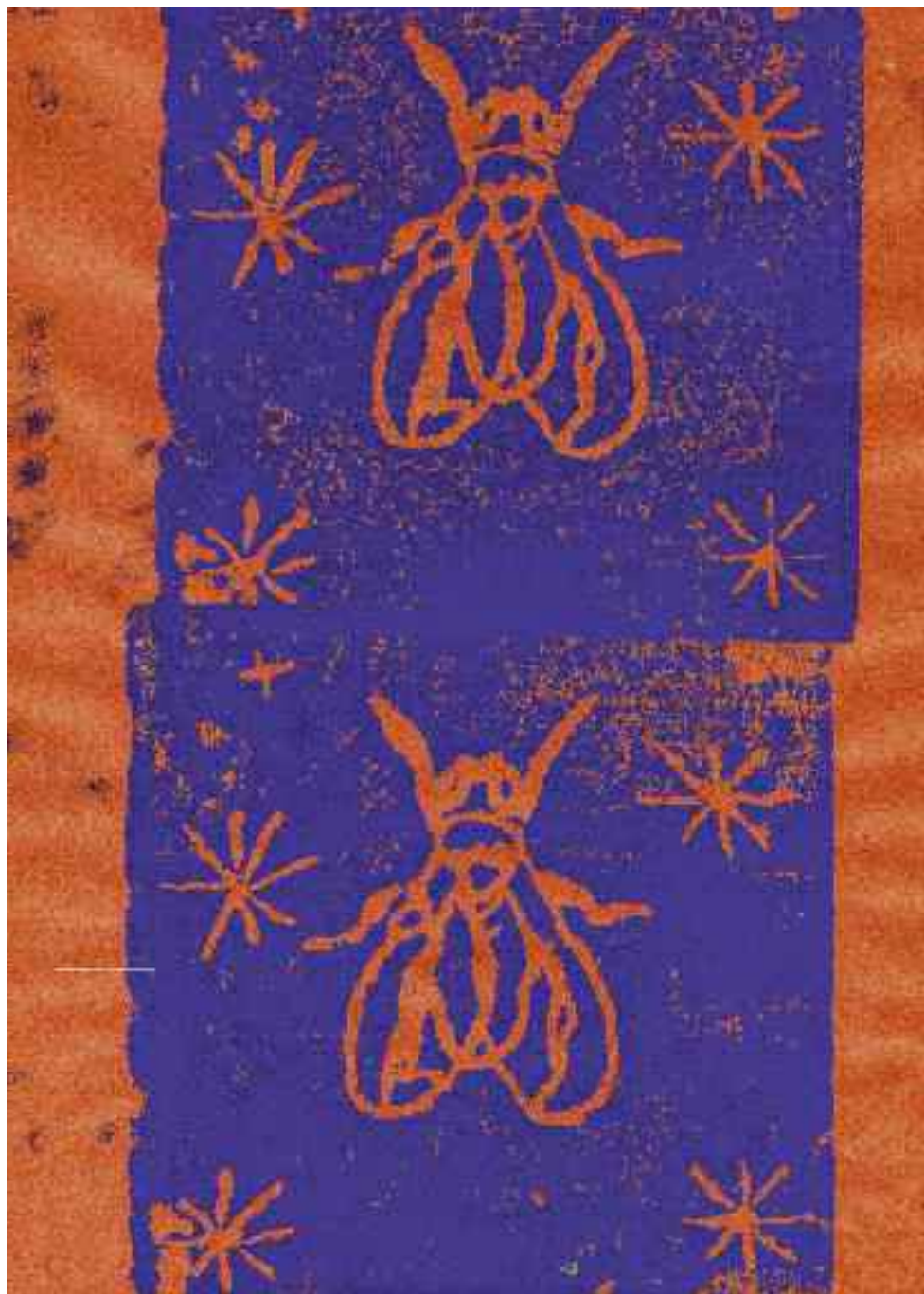
'Instead of self harming sometimes I go to my room and cry or run away to my mum, but I don't really self-harm much.'

Rebecca, 15



Viv

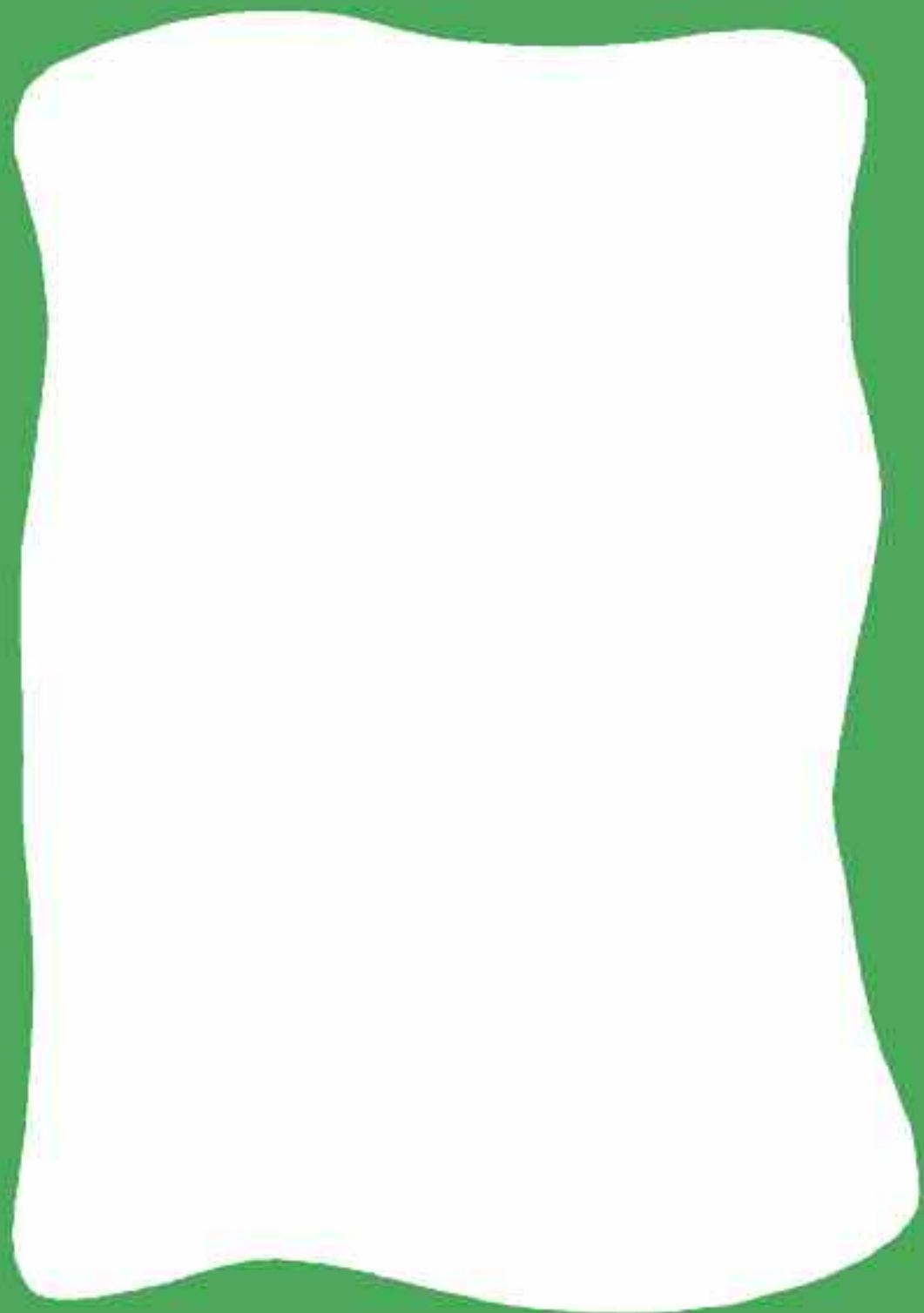




anonymous

*'When I self-harm I feel a release and it helps me to cope.
It's enough to cope.'*

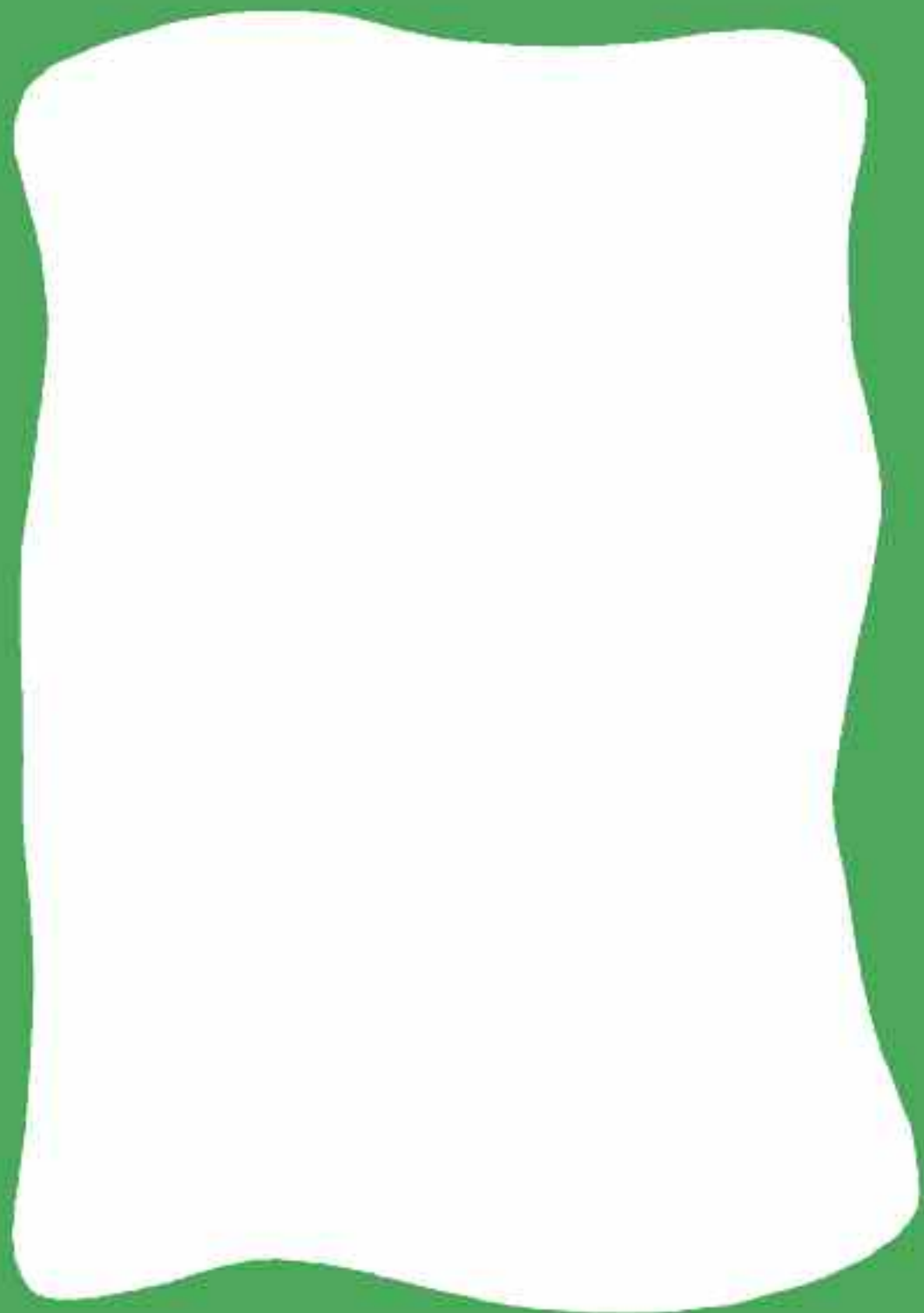
Jenny



A white, wavy-edged shape on a green background, containing ten sets of horizontal dashed lines for handwriting practice.

'Sometimes, instead of self-harming, I spend time with my friends, have a bath, wash my hair, spend time with my animals, do puzzles, draw how I'm feeling with colours.'

Jenny



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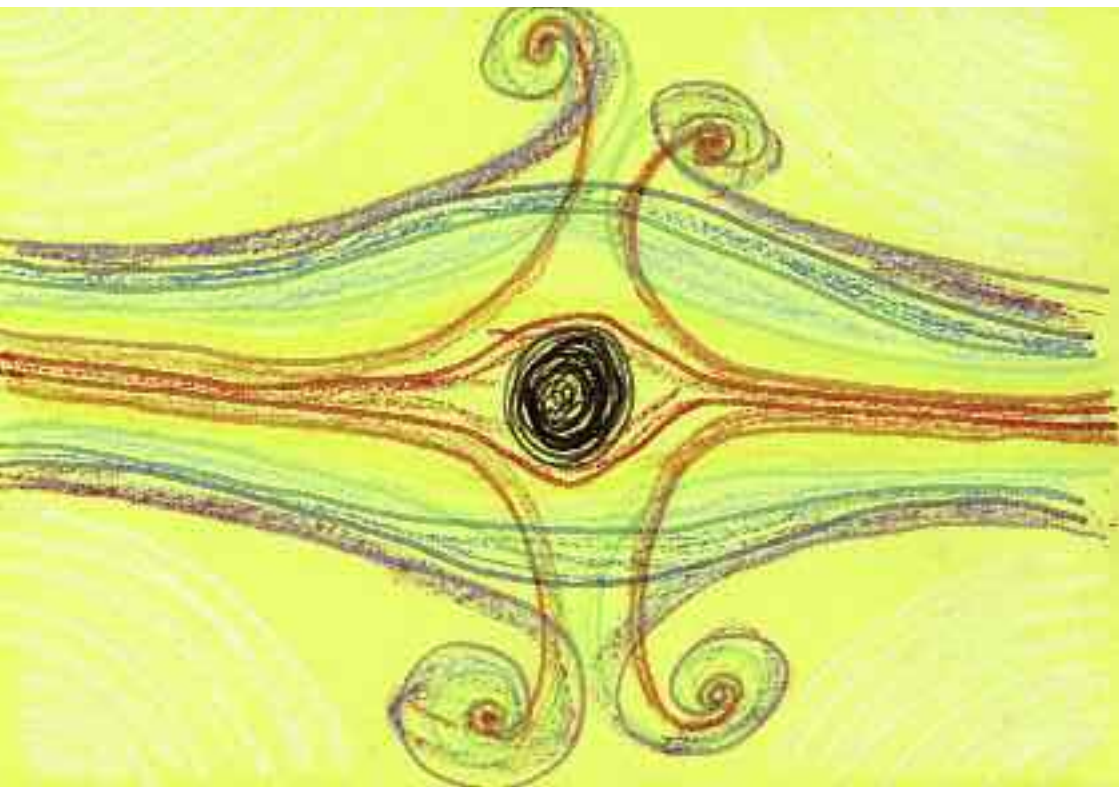
One other activity

- you choose

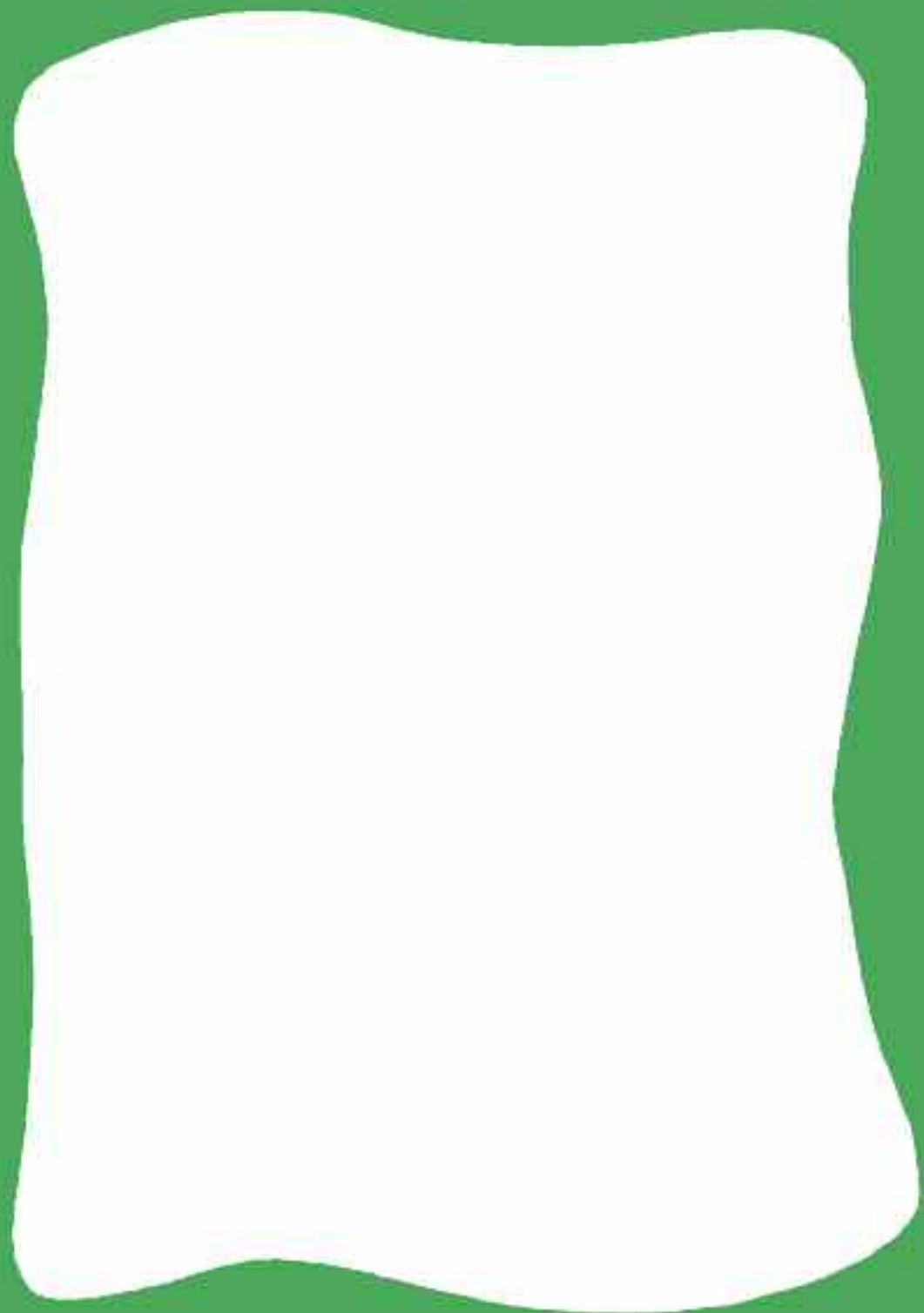
today's date _____

'Instead of self harming sometimes I find somebody I trust and who I can talk to about how I am feeling. I sometimes go into a place I feel safe. And sometimes I smash things.

Kirsty, 16

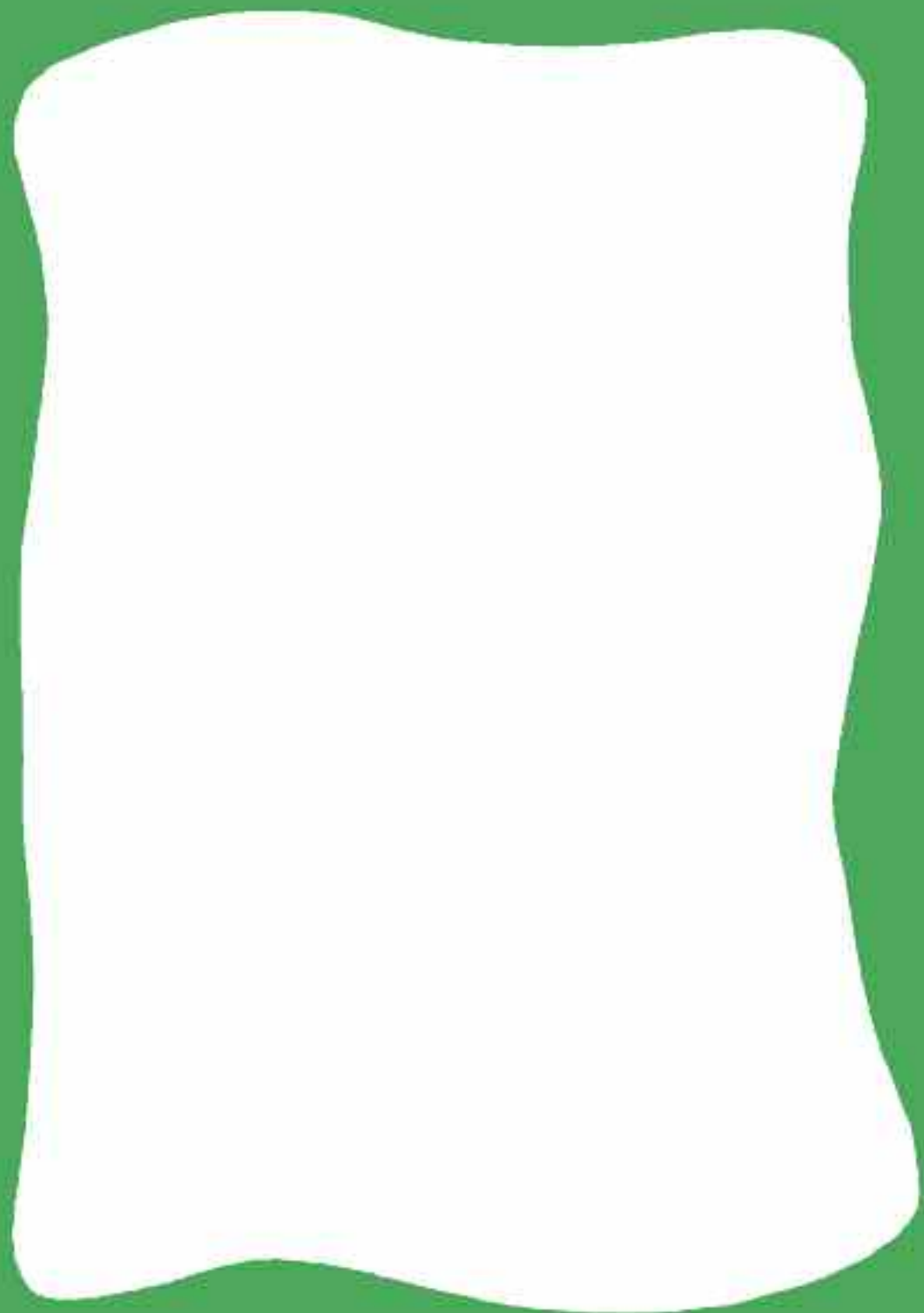


Fiona, 21



'Like self-harming and stuff, it does not cheer me up, but I feel better if that makes sense.'

anonymous



'Instead of self-harming sometimes I go to bed and hope I'll feel better in the morning and if not, at least I've delayed it for a night.'

Hannah





Kirsty

'Self-harming makes me feel better...I know afterwards I feel guilty for having done it again but in the short term it does help. If I am thinking clearly Reiki helps me feel much better.' (Reiki is a form of alternative therapy.)

anonymous

'If I am down or feeling upset I will try talking to [name] or my mother but I actually don't feel like talking to people when I am that upset.'

anonymous

A white, wavy-edged shape resembling a piece of paper with horizontal dashed lines for writing. The shape is centered on a blue background. The dashed lines are evenly spaced and run across the width of the white area.

'What's the problem with me cutting? I did it because I was pissed off.'

David, 16

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- you choose

today's date _____



Kerry, 19

*'Self harm is not a good idea because it just leaves scars
and if I have kids they'll ask me 'what's that on your arm?'*

Rebecca, 15

'I was embarrassed, I think more because you don't really ask people for help just because you think it's your own fault, but you end up realising it wasn't your fault. It was hard first of all to ask for help obviously, it took about a year to ask.'

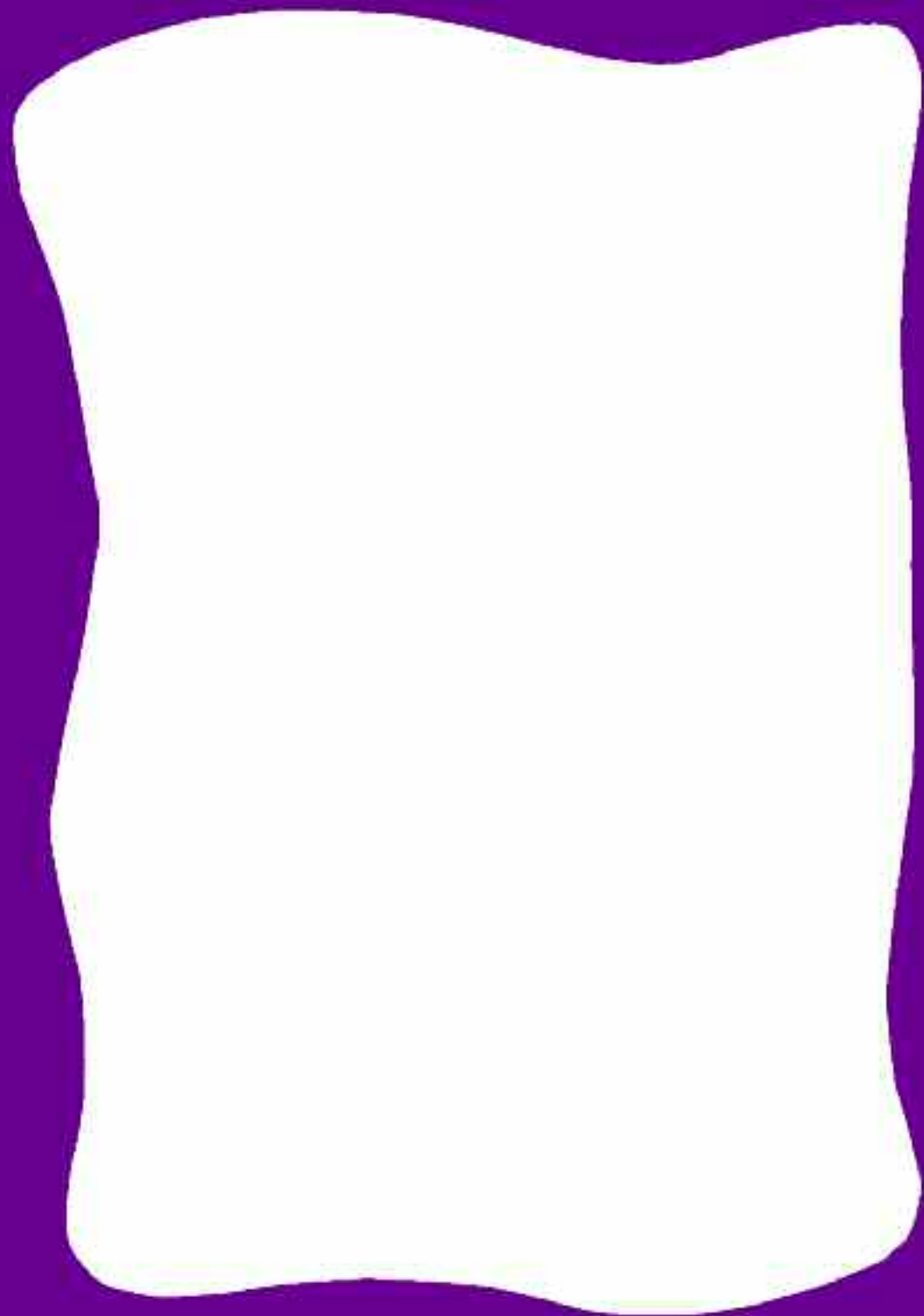
anonymous

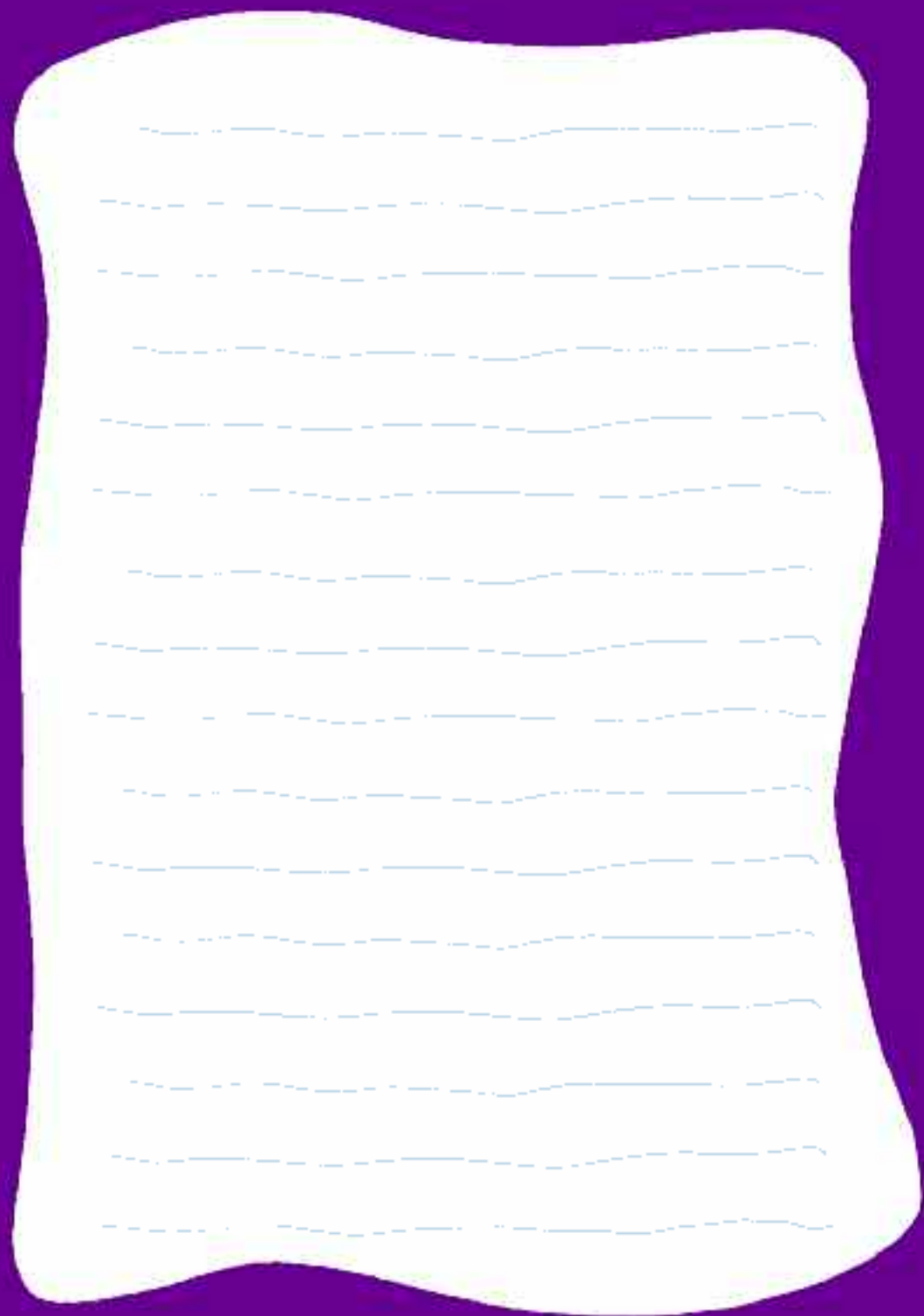


Jenny

'When I self-harm I feel relief and better for about 5 minutes but then I start to feel angry at myself. I feel guilty because I should feel like that and because of the scars on my arms.'

Kerry, 19





my self-care spectrum

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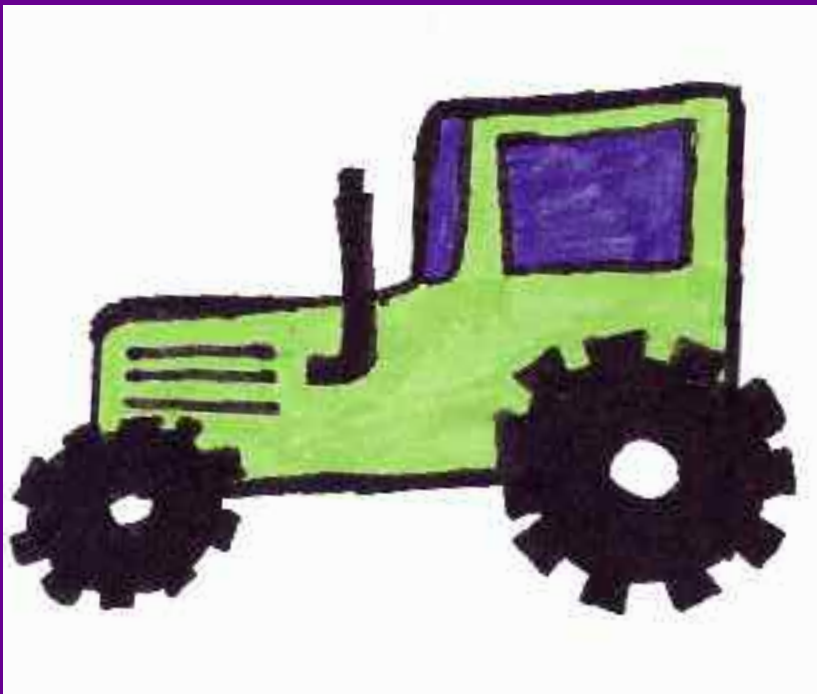
One other activity

- you choose

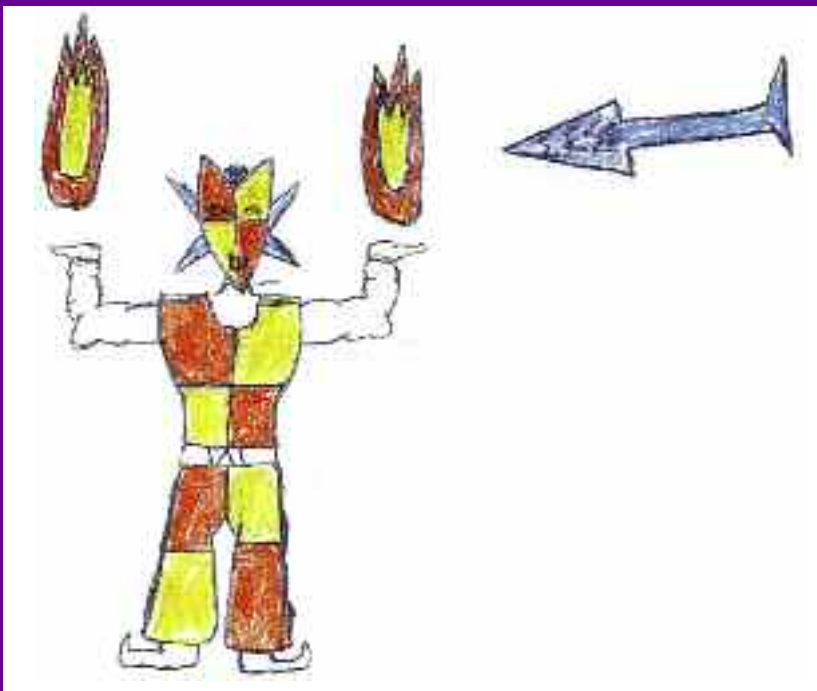
today's date _____

'I began to self-harm because it gave me a sense of power over my body and control that I didn't feel I had in other ways, especially over emotions which feel overwhelming and scary.'

Hannah



Ben, 13



Daniel

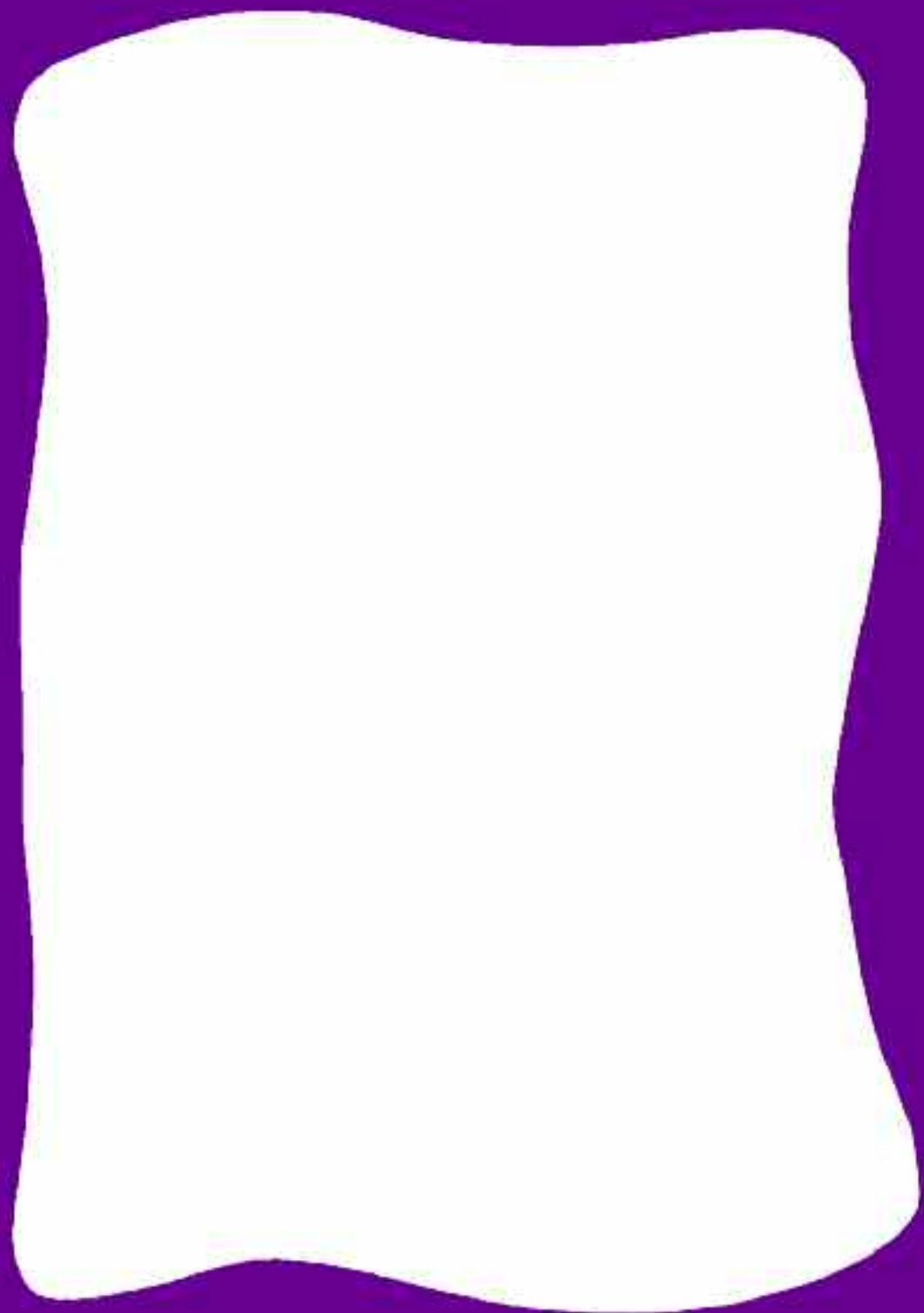
'I began to self harm because I thought it would help and I saw it as the only way out of how I was feeling.'

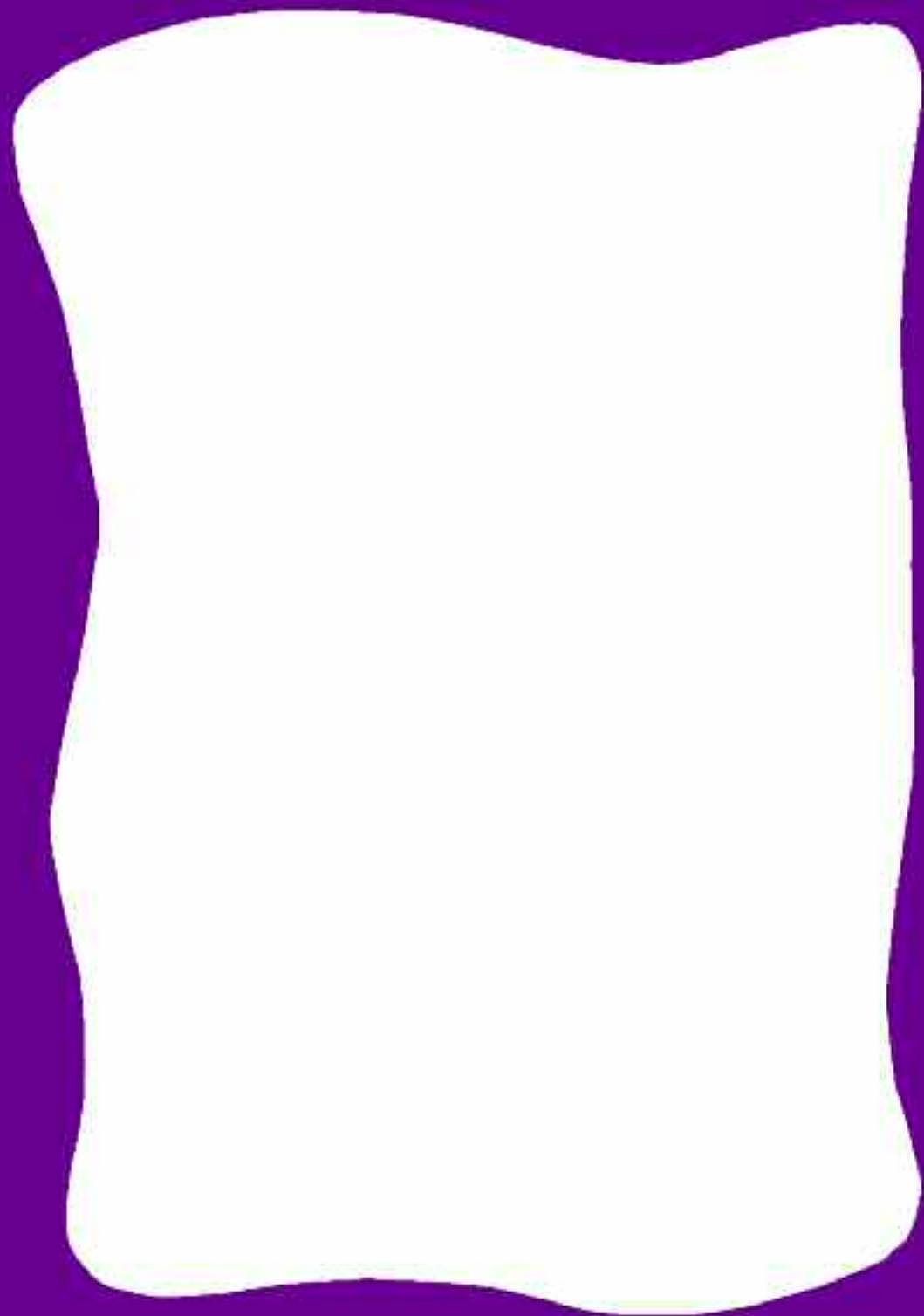
Kirsty, 16

Instead of self-harming sometimes I:

- * speak to someone I trust
- * tidy my flat
- * go to bed and hope to feel better in the morning
- * write about how I feel
- * list pros/cons of self-harming
- * write letters to people even though I probably won't send them
- * spend time with other people
- * spend time alone
- * keep myself busy
- * do a jigsaw
- * think of the progress I've made and the consequences of self-harming
- * ring help lines
- * draw how I'm feeling
- * punch my punch bag
- * wash my hair
- * have a bath because it relaxes me

K, H, J



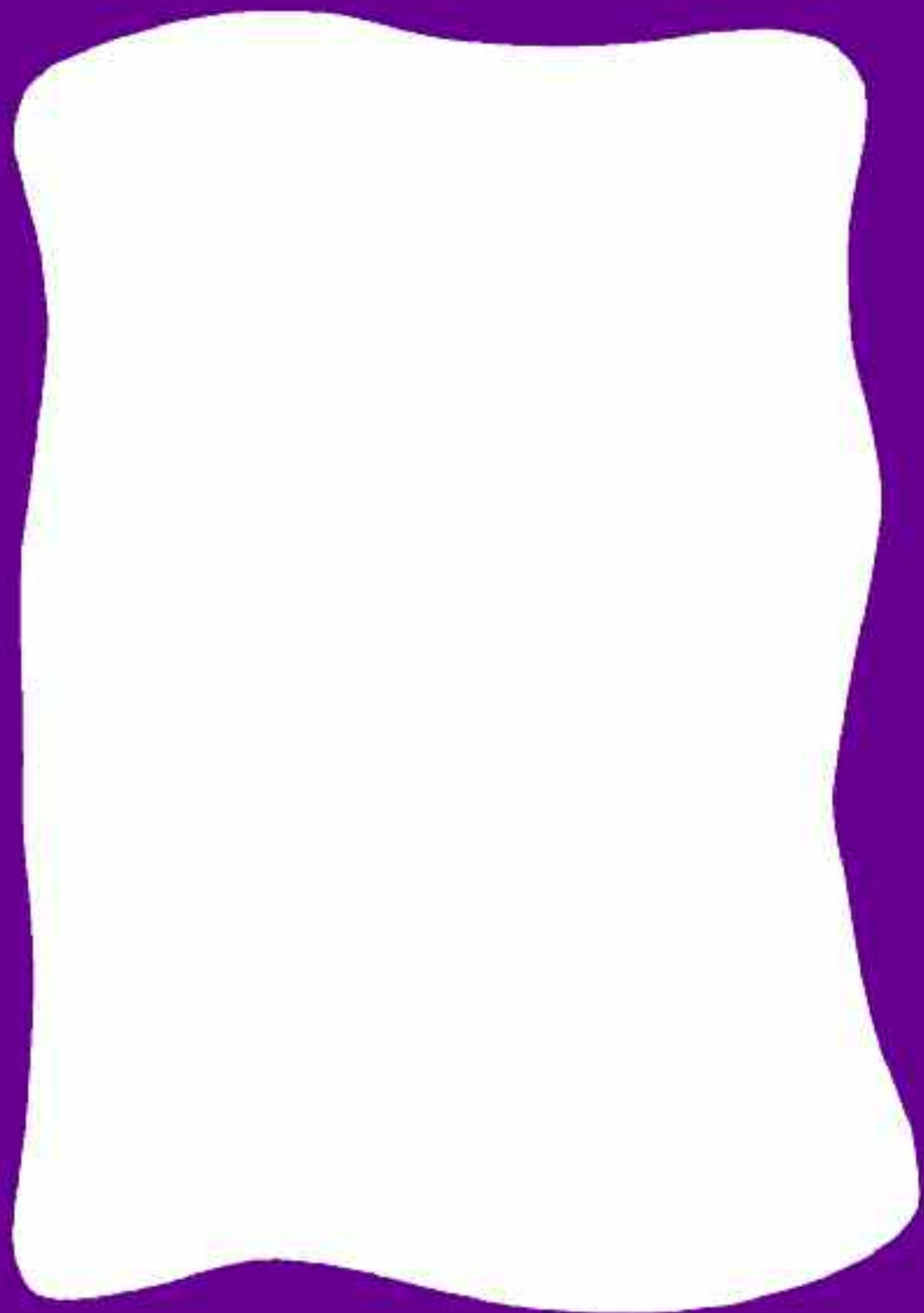


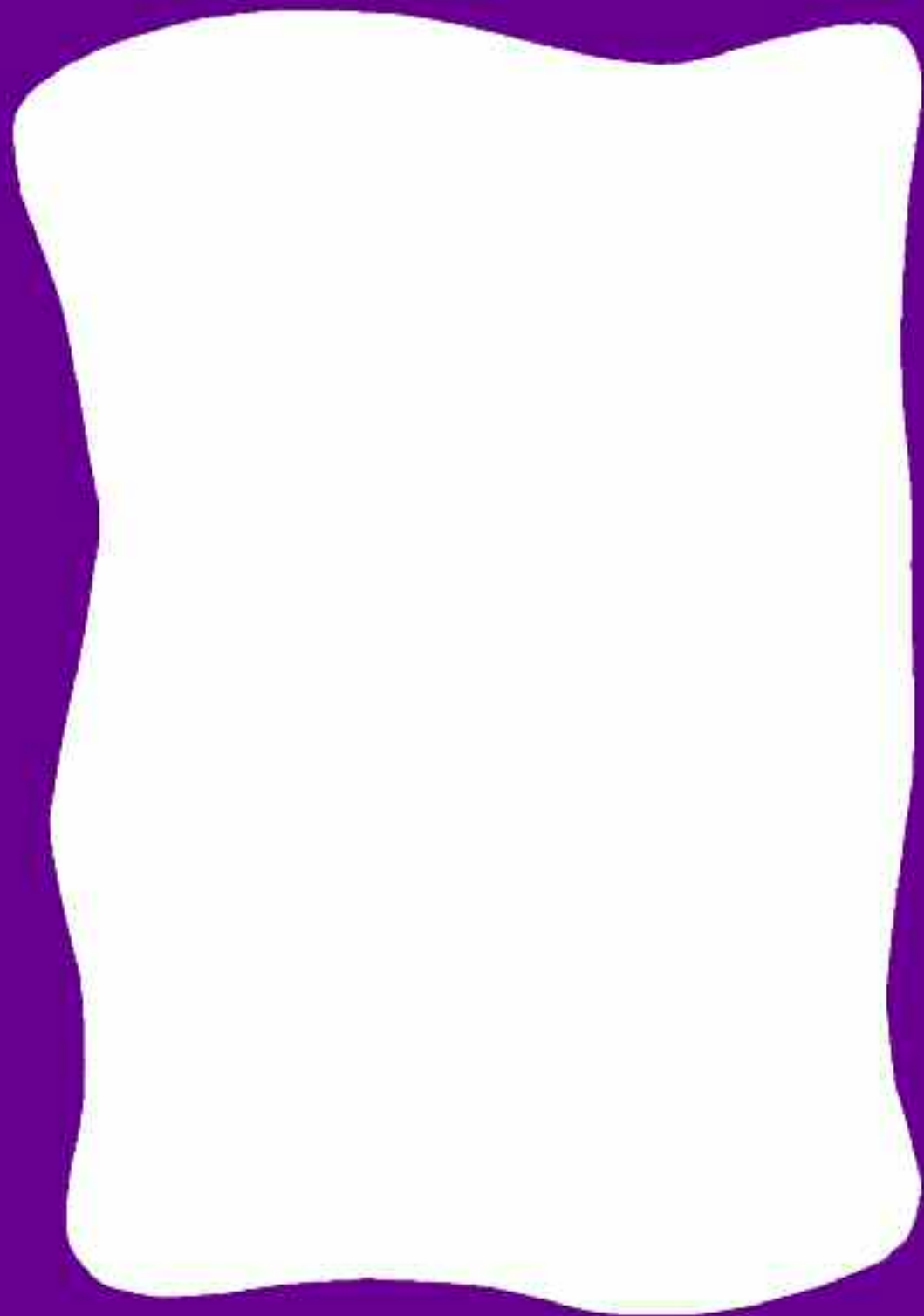
'Instead of self-harming sometimes I tidy my flat before, so then I have time to calm myself down and it takes me away from how I am feeling. I also do a jigsaw when I feel like self-harming.'

Kerry, 19

'When I self harm I feel angry towards other people and myself. I don't like myself very much. I feel like I want to punish myself. It does help because I'm letting stuff out.'

Kirsty, 16







*I wish for one night I can be on my own
and sit in the park
just chill out looking at the sky
looking at the stars just chilling and thinking
trying to sort my life out
I think it would be quite nice*

Laura

the 1990s, the number of people with a university degree has increased in all countries, but the increase has been particularly rapid in the United Kingdom and the United States (see Figure 1).

There are two reasons why the increase in university graduates is important. First, it is a reflection of the fact that the demand for university graduates has increased. Second, it is a reflection of the fact that the supply of university graduates has increased. The increase in the supply of university graduates is a result of the fact that the number of people who have completed university has increased.

The increase in the number of university graduates has led to a decrease in the unemployment rate for university graduates. This is because the number of university graduates who are unemployed has decreased more than the number of university graduates who are employed. This is a result of the fact that the number of university graduates who are employed has increased more than the number of university graduates who are unemployed.

The increase in the number of university graduates has also led to a decrease in the unemployment rate for non-university graduates. This is because the number of non-university graduates who are unemployed has decreased more than the number of non-university graduates who are employed. This is a result of the fact that the number of non-university graduates who are employed has increased more than the number of non-university graduates who are unemployed.

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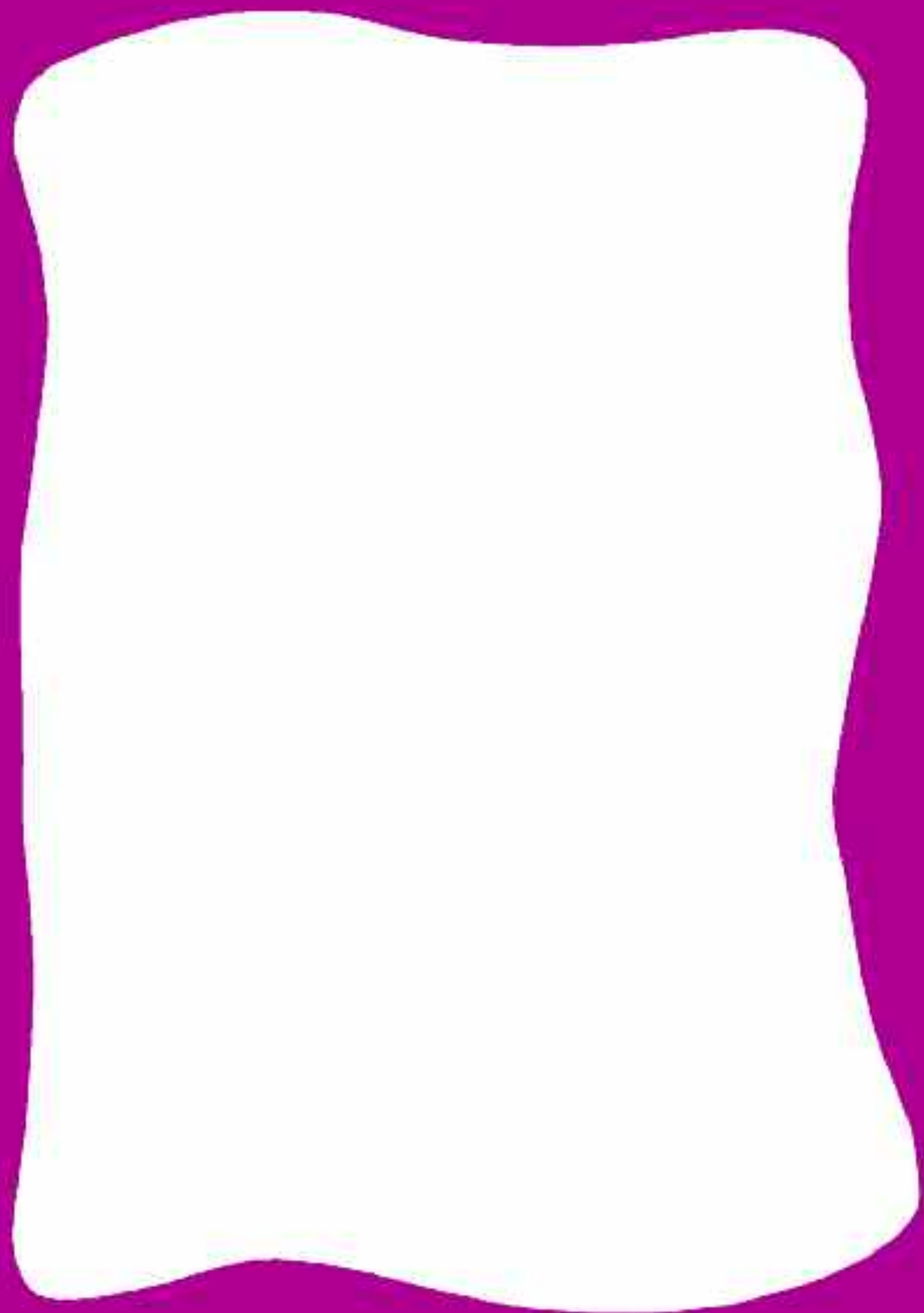
One other activity

- you choose

today's date _____

'When I self-harm I feel upset and like there's no reason to live for.'

Rebecca, 15





Viviane

'When I self-harm I feel powerful and in control, although by giving in to self-harm I'm often not very in control. I feel quite numb, and afterwards I feel ashamed and guilty.'

Hannah

the 1990s, the number of people with a mental health problem has increased in the UK, and the number of people with a mental health problem who are in contact with mental health services has also increased (Mental Health Act 1983, 1990).

There is a growing awareness of the need to improve the lives of people with a mental health problem, and to reduce the stigma and discrimination that they experience. This has led to a number of initiatives, including the development of mental health services that are more user-centred and more focused on the needs of people with a mental health problem (Mental Health Act 1983, 1990).

One of the key initiatives in this area is the development of self-help materials, which can help people with a mental health problem to understand their condition, and to manage their symptoms. Self-help materials can also help people to access the services that they need, and to participate in their care (Mental Health Act 1983, 1990).

Self-help materials can take a number of forms, including books, leaflets, and audio and video materials. They can be developed for a wide range of mental health problems, and for people with different levels of literacy and numeracy skills (Mental Health Act 1983, 1990).

One of the key challenges in the development of self-help materials is to ensure that they are easy to understand, and that they are relevant to the needs of people with a mental health problem. This requires a close working relationship between mental health professionals and people with a mental health problem (Mental Health Act 1983, 1990).

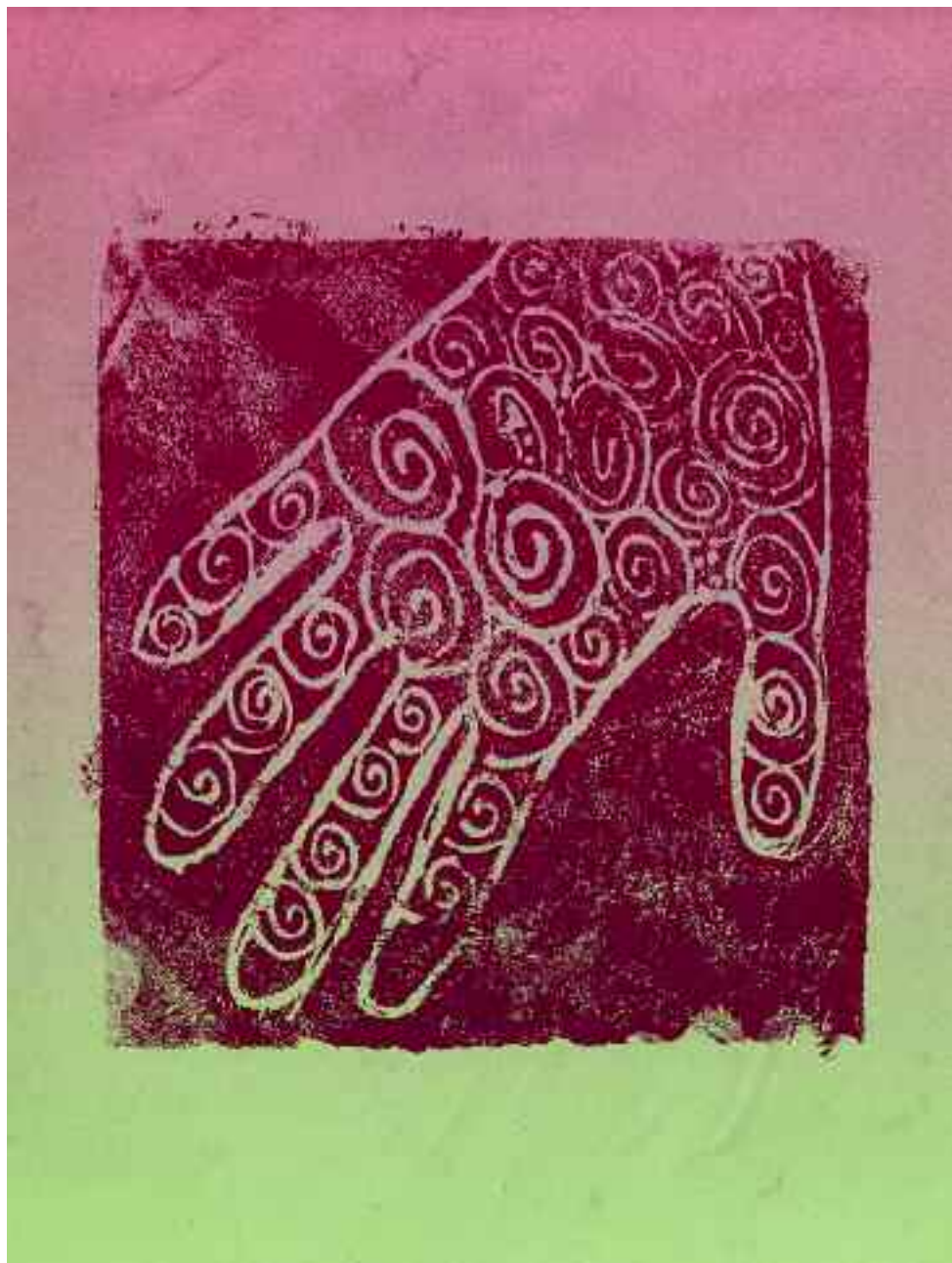
Another key challenge is to ensure that self-help materials are available to people who need them. This may require the development of self-help materials in a range of languages, and in a range of formats (Mental Health Act 1983, 1990).

Self-help materials can play an important role in the care of people with a mental health problem. They can help people to understand their condition, and to manage their symptoms. They can also help people to access the services that they need, and to participate in their care (Mental Health Act 1983, 1990).

There is a need to continue to develop self-help materials, and to ensure that they are available to people who need them. This will help to improve the lives of people with a mental health problem, and to reduce the stigma and discrimination that they experience (Mental Health Act 1983, 1990).

'Self harm is not a good idea because I feel people judge you before they even know you because of the marks. You also Do Not deserve to be punished.'

Kirsty, 16



Kirsty

help with self-injury

Bristol Crisis Service for Women

Office: 0117 927 9600

Website: www.selfinjurysupport.org.uk

Helpline: 0117 925 1119

National helpline for women in emotional distress, especially those who self-injure.

TESS: Text and Email Support Services

Offers emotional support via text and email to girls and young women.

Text: 07800472908

Email: www.selfinjurysupport.org.uk, and follow link to text/email.

Get Connected www.getconnected.org.uk

UK wide helpline and online services for young people.

Can put calls through to other helplines free of charge.

Tel: 0808 808 4994

The Site www.thesite.org

Web based advice, information and support. Lots of information on self-harm in the Health and Wellbeing section.

National Self-Harm Network

Information and support. Online support forum

www.nshn.co.uk/forum.

we'd like to hear from you...

Tell us what you think of **The Rainbow Journal**
Complete the sentences below, tear this page out along the perforated edge, fold it over, seal it with some sellotape and post it to us. It's Freepost, so no need for a stamp.

What I like about this Journal is

.....
.....
.....

What I don't like about this Journal is

.....
.....
.....

I think this Journal would be better if

.....
.....
.....

I am years old

Thank you!



Bristol Crisis Service for Women
FREEPOST NAT7520
Box 654
BRISTOL
BS99 1FA

fold here