



visible memories
a film about self-injury

The issue of self-injury is surrounded by stigma and misunderstanding. Such behaviour is often labelled as attention seeking or, mistakenly, as attempted suicide. When they come into contact with traditional health and social care agencies, people who self-injure often feel the treatment they receive exacerbates rather than relieves the situation.

Visible Memories allows people who self-injure to describe their experiences. They tell us some of the reasons why they self-injure and what approaches they find helpful or unhelpful. The film shows examples of statutory and voluntary agencies where there is good practice. Setting self-injury in a more general context of self-harm, the film argues that such behaviour is a valid coping mechanism for dealing with internal emotional distress, and that consequently, the challenge for those who do not self-injure is to come to terms with their own feelings in relating to those who do.

"An important contribution to the growing body of knowledge from those of us who live with self-harm. The primary experts are leading the way to a greater understanding of self-harm. Watch and learn." (Louise Pembroke, Chair of National Self Harm Network, Author of "Self-Harm: Perspectives from Personal Experience".)

"A highly professional and excellent resource which everyone with an interest in self-harm should see". (Elizabeth Gale, Policy and Development Manager, Mentality.)

". . . 100% on target. The film takes the mystery out of the behaviour . . . All in all very effective." (Professor Armando Favazza, Author of "Bodies Under Siege".)

Copies of the video which runs for 27 minutes are available for £40 each from Mind in Croydon.

Copies of the DVD are available for £40 each from Mind in Croydon.

Please send mecopies of Visible Memories. I would like the video version / DVD version (Please circle which you require). I enclose a cheque for £..... made payable to "Mind in Croydon".

Name

Address

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Phone

send to: **Mind in Croydon, 26 Pampisford Road, Purley
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