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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.

Copies of the DVD (27 minutes) are available at ~~£40~~ **£5 SALE PRICE** each from Mind in Croydon.

Please send me copies of Visible Memories on DVD

I enclose a cheque for £ made payable to Mind in Croydon.

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Send to: Mind in Croydon, 26 Pampisford Road, Purley, Surrey, CR8 2NE
Tel: 020 8668 2210
Fax: 020 8763 2084
Email: admin@mindincroydon.org.uk
Web: www.mindincroydon.org.uk



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