

Harmless: Out of harm's way

A DVD that will enlighten and inspire.

For use as a resource to promote recovery and self belief, or as a tool to enhance professional development; through the eyes of those with first hand experience, we will examine the nature of self harm, distress, and recovery.

We speak to Jenny, Mark, Fiona and Malayka who have personal experience of self harm and whose courage in speaking out has enabled them to discuss their experiences on film. This heart warming exploration of four very different struggles will highlight the very individual issues faced by people who self harm, including treatment by medical staff, disability, alcohol use and culture.

We also speak with leading professionals, who can offer practical and professional information about working with people who self harm:

- Jack Nathan, leading psychotherapist and practitioner at the Maudsley Hospital speaks about his experience of working with self harm within therapy;
- Paddy Bazeley, former director of The Samaritans and current manager of Maytree respite house explores the relationship between self harm, crisis and suicide;
- Author, Caroline Smailes also contributes to the DVD with passages from her book In Search of Adam, written from the perspective of a child who self harms.

This comprehensive resource will have a section where you can download enlightening and useful resources, such as poetry, leaflets, posters and a workbook to promote awareness and intervention for self harm.

If you would like to order your copy please complete the form below and return with your payment to: Harmless, PO Box 9325, Nottingham NG8 9FB.



Interactive DVD



Supported by
The National Lottery[®]
through Awards for All



 **Harmless**
support - information - training - consultancy

Name:

Company: (If applicable)

Delivery address:

Invoice address: (Multiple orders only)

Purchase/order reference number (if applicable):

Cost to people who self harm, friends and family family/ service users.

Item	Cost per Item	Quantity	Total Cost (£)
Harmless: Out of harm's way - Interactive DVD (including postage and packaging)	£10.00		

Cost to professionals and organisations

Item	Cost per Item	Quantity	Total Cost (£)
Harmless: Out of harm's way - Interactive DVD (including postage and packaging)	£25.00		

Please make cheques payable to Harmless and send them with this form to the address below.
Thank you.