

# LOUDER THAN WORDS

**Information for young people  
on issues around self-harm**

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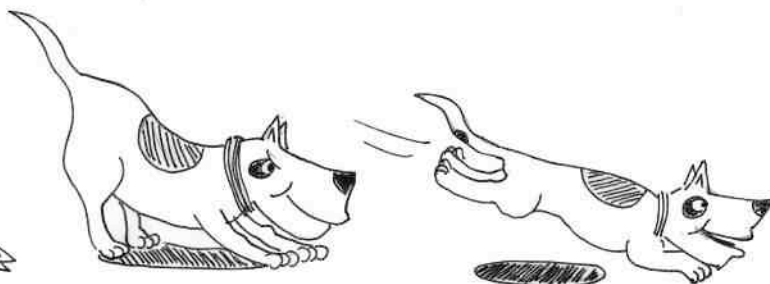
Really Helpful Telephone Numbers  
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# Section One

Introduction

Poem



Many young people find that self-harm is a very difficult subject to talk about.



This booklet developed from the work of 'The Amber Project'.

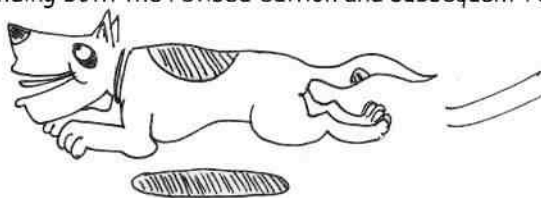
The Amber Project is a Church Army project based in Cardiff which offers support and information to young people who have experience of self harm.

The topics included were suggested by some of the young people who attend workshops at the project.

It gives information about self-harm in a straightforward way, together with details of agencies and organisations which can offer support.

We hope that you will find it helpful.

We would like to thank 'The Venture Fund' for initially funding this project and the Cardiff and Vale Mental Health Development Project Small Grants Fund for funding both the revised edition and subsequent re-print.



## Little Steps

Would I teach a babe to run  
When it was yet to learn to walk?  
Or expect a plant to flower  
Before it's grown a stalk?  
Would I expect a beginner  
To become a master in a day?  
Or tell you to get up  
And run a marathon straight away?  
No!

It's all about a journey  
Improving bit by bit,  
Growing taller, getting stronger,  
Each day getting more fit.

And my journey to recovery  
Is exactly the same  
Through the days, weeks, months and years  
I move towards my aim.  
And I inch ever closer  
To the day when I'll be free  
From the battle of self harming  
Which fights inside of me.

When I feel I'm getting nowhere,  
When I'm stuck with hurt and pain,  
And the same scary thoughts  
Are in my head again.  
I try and see the bigger picture  
Of the journey I am making  
And be proud of myself  
For each little step I'm taking.





# Section Two

What is self harm?

Is there a difference between  
self harm and self injury?

Why do people self harm?

How can I look after myself?

What if I need medical help?

What I need to say at A&E

What are triggers?

Other ways of coping

My support system





## What is self-harm?

Self-harm is a term used to describe any way in which a person might hurt themselves. It is often a way of coping with unbearable feelings or distress.

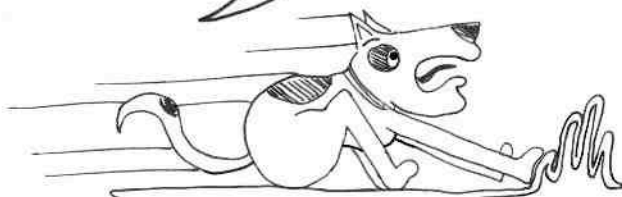
People hurt themselves in all sorts of different ways and for all sorts of reasons. For some people their self-harm may involve physically injuring or hurting themselves. For others however, self-harm can be as simple as a failure to look after themselves either physically or emotionally.

Self-harm is a lot more common than people think, but it's often not talked about (so people sometimes think that they are the only ones who cope in this way).

Lots of people are not really sure why they hurt themselves, and looking at the thoughts, feelings and emotions which underpin self-harm can be scary.

Some people want to stop and would like help with this. Others feel that they are not yet ready to take this step. If you self-harm, only you can decide when you are ready to stop.

Stopping self-harm may be easier if you understand why you do it and if you can develop other ways of coping with the pressures in your life. Many people find it helpful to talk about their self-harm to someone who is non-judgmental and supportive. A number of helpful addresses and telephone numbers can be found at the back of this leaflet, which has been written to answer some of the questions that young people ask about self-harm.



## Is there a difference between self-harm and self-injury?

This can be confusing because sometimes people mix the terms, but generally speaking self-harm is considered to include actions such as self-injury, overdosing, eating disorders, drug or alcohol misuse and risk taking behaviours.

In its widest sense self-harm includes any action that potentially might be damaging, such as smoking, taking drugs or drinking.

Lots of actions which are considered acceptable or even pleasurable can become harmful if taken to extremes, e.g. work, sport or even sex !

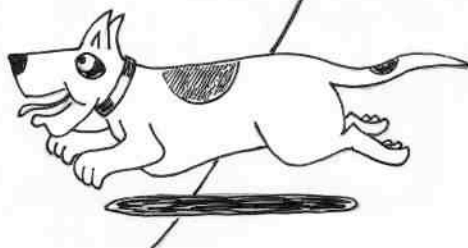
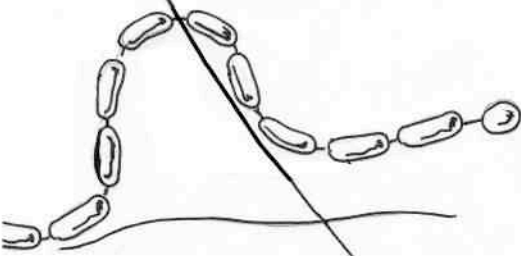
Certainly, lots of harmful behaviours can have effects which are not immediate or even visible and some forms of self-harm are so subtle that they may be difficult to recognise.

Self-injury however, is a type of self-harm which involves a greater degree of immediate impact.

Usually the term 'self-injury' is used to describe such actions as purposely cutting, burning, scalding, branding or scratching the skin, head banging and hair or eyelash pulling.

Generally speaking, any deliberate action that causes immediate physical damage to the body can be termed self-injury.

So, self-injury is a form of self-harm, but self-harm does not necessarily involve a physical injury to the body.

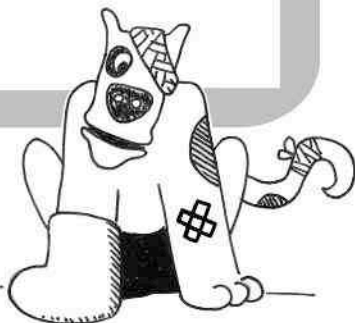





## Why do people self-harm ?

There are no easy answers to this question. The reasons why people self-harm are incredibly varied and often very complex. The list below gives just some of the reasons young people have given for their self-harm.

- ◆ *It stops me thinking about the pain that I feel inside*
- ◆ *It reminds me that it's my body.*
- ◆ *It stops me feeling as if I am going to explode !*
- ◆ *What else in my life can I control?*
- ◆ *Sometimes I do things that I shouldn't or I have awful thoughts or feelings and feel that I have to punish myself.*
- ◆ *Sometimes I can't find the words to describe how much I'm hurting inside.*
- ◆ *It helps me when I get so angry that I feel that I'm going to burst.*
- ◆ *Self-harm reminds me of the way that I've felt in the past - it's familiar and comforting.*
- ◆ *People can't see the pain I feel inside but they can see my scars.*
- ◆ *It helps me to feel alive.!!!*





## How can I look after myself ?

Although you may self-harm, your safety and health matter and it is really important that you look after yourself.

**Remember:**

Alcohol or drugs and self-injury don't mix. You may hurt yourself more severely than you intended.

If you cut yourself make sure that any blades you use are clean and try to make cuts as shallow as possible. *Never* share blades.

Budget for antiseptic wipes and creams. Have a supply of plasters and clean dressings.

Check that your tetanus jabs are up to date.

If you have taken an overdose get medical advice as quickly as possible.

If you have burned yourself, cool the area by gently running cold water on it for as long as possible (about fifteen minutes).

If you feel nervous about going to A & E or to your doctors, take someone with you for support.


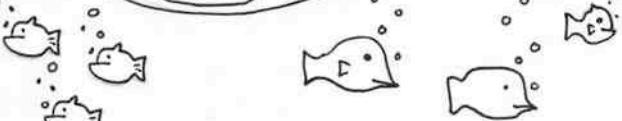

If you are unsure what to do contact "N.H.S. Direct" for advice, Tel: 08454647.

If you find it difficult to talk about your injuries the "National Self-harm Network" produces a "Treatment Checklist" which is available by post or can be downloaded from the internet.

Or - you could use the blank page in this chapter to help you when you go to A & E.

NSHN, PO Box 7264, Nottingham, NG1 6WJ.

***Get medical advice straight away if you are concerned about any injury.***





If you have harmed yourself then it is also important that you look after yourself emotionally.

**Remember:**

You are not alone, lots of young people use self-harm as a way of getting through difficult times.

Even when your problems have been resolved, if you have been hurting yourself for some time it may take a while for your mind to process the fact that things are better now.

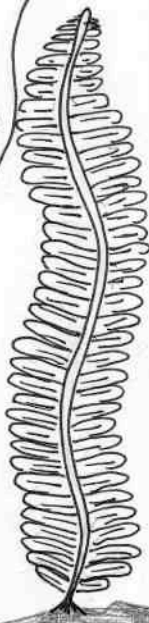
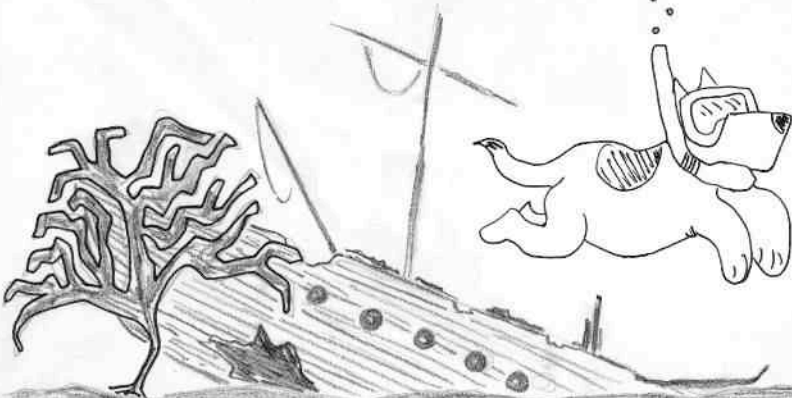
Take time to comfort yourself. Some young people find that a warm drink or wrapping themselves snugly in a blanket or quilt is very soothing. Find out what you find comforting.

Be careful what you watch on T.V. and what music you listen to, what you see and hear really can influence your mood.

It's often not helpful to try and process events immediately, give yourself some space.

Don't be hard on yourself. If you want to stop hurting yourself this is possible but developing other ways to cope takes time.

The Amber Project works with young people who self-harm. If you would like to talk to someone about keeping yourself as safe as possible contact: The Amber Project 029 2034 4776.





## What if I need medical help?

Understanding of self-harm is growing but if you have self-injured and find that you receive a negative response at your surgery, health centre or at your local A & E, don't forget that although your injuries are self inflicted this does not affect your right to be treated with care and respect by health professionals.

In 2004 the "National Institute for Health and Clinical Excellence" (NICE ) produced clinical guidelines relating to self-harm.

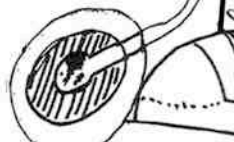
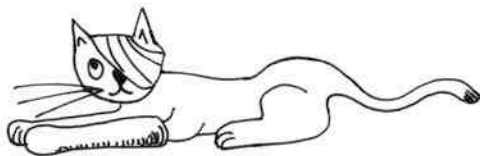
The first of their key priorities states;

"People who self-harm should be treated with the same care, respect and privacy as any patient. In addition healthcare professionals should take full account of the likely distress associated with self-harm."

If you are unhappy about the way in which you have been treated and are unsure how to make a complaint, 'Mind' have an Information Line (08457 660163)

On the other hand, if you feel that staff responded to you with respect and sensitivity, try to praise the way in which you were treated. If you feel unable to do this at the time, think about writing a short note or letter.

(Guidelines quoted with kind permission of the National Institute of Health and Clinical Excellence.  
Full text available from [www.nice.org.uk](http://www.nice.org.uk))



What I need to say at A&E



# What are triggers ?

Some young people say that they feel particularly 'fragile' or 'angry' and are more likely to self-harm during particular periods or at certain times.





This may be because they are reminded of things that have happened in the past or because a situation has occurred that has led to them feeling stressed or vulnerable.


Sometimes young people feel as if they have no control over events in their lives.

These sorts of situations are sometimes called 'triggers' because they can lead to young people feeling that they need to self-harm.

**These could include the following:**

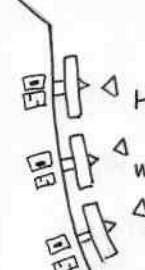
- ◆ Certain times of the year such as Christmas or the summer holidays.
- ◆ Particular times of the month, days of the week or times during the day (or night).
- ◆ Certain classes or lectures.
- ◆ For young women certain times during their menstrual cycle, (often just before a period or mid-cycle) can be stressful.
- ◆ Anniversaries of traumatic or painful events.
- ◆ Pressures in school or university, such as assignment deadlines or exams.
- ◆ Being bullied.
- ◆ When feeling unhappy or unwell.

- 
- 
- ◆ *Changes at home, school, or college.*
  - ◆ *When experiencing bereavement or loss.*
  - ◆ *Following an argument or row.*
  - ◆ *When feeling 'different' to other people (feeling as if you have nothing in common with other people of your age).*
  - ◆ *Any sort of abuse. (which may be physical, sexual or emotional).*
  - ◆ *When feeling criticised, unloved or rejected.*
  - ◆ *Relationship problems.*
  - ◆ *Going into prison.*
  - ◆ *Issues around sexuality.*
  - ◆ *Crisis pregnancy or feelings about a termination.*
  - ◆ *When experiencing feelings of isolation or loneliness.*
  - ◆ *Concerns about sexual health*
- 
- 



Many young people find that keeping a diary, not only of actual events but also as a way of recording their thoughts and feelings, can be very helpful in discovering if there is any pattern to their self-harm.

If you are aware that certain periods or situations are going to be difficult for you then you can work on really looking after yourself at these times.



However, if things are happening in your life which you feel really unhappy about or if someone is behaving towards you in a way which makes you feel uncomfortable, don't keep this to yourself- talk to someone you trust.





Sometimes young people are frightened to talk about their problems. If someone is hurting them they may be really scared that they might be punished if that person finds out.

Or perhaps their self-harm has been a secret for so long that they find it very difficult to talk to anyone else about it or they are worried that the person they talk to will think that they are ill or mad.



Sometimes young people have found the courage to talk to someone and then felt that they have not been taken seriously.

***There are people who understand and who want to listen to you:***

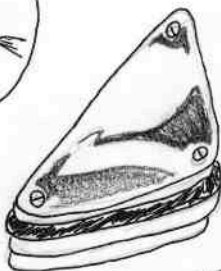
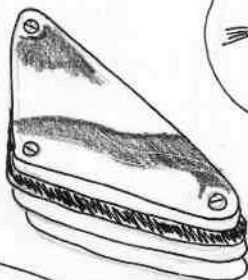
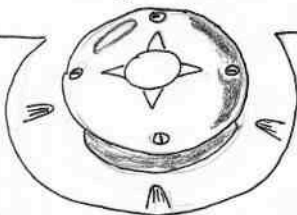


A number of organisations that work with young people who self-harm can be contacted by telephone or have websites see "Really Helpful Telephone Numbers"



The NSPCC run a help-line (see really useful telephone numbers) and Childline operates a free telephone helpline 0800 111111 (however, it is often busy so be patient).

If you need help but are not sure who to talk to, contact 'The Amber Project' (029 2034 4776) and we will try to point you in the right direction.



RULES

ADVANCE ANY OF

NO. OF PLAYS



## Other ways of coping.

Young people can feel under tremendous pressure to stop harming. If you cope by hurting yourself, only you can decide that you want to stop.

Sometimes young people simply feel that they are ready to 'move on'. For others their self-harm may have increased to a level that they feel may be dangerous, that something which helped them with their problems in the past is now itself becoming a problem.

*'Self-harm used to keep my demons away but now it has begun to frighten me.'*

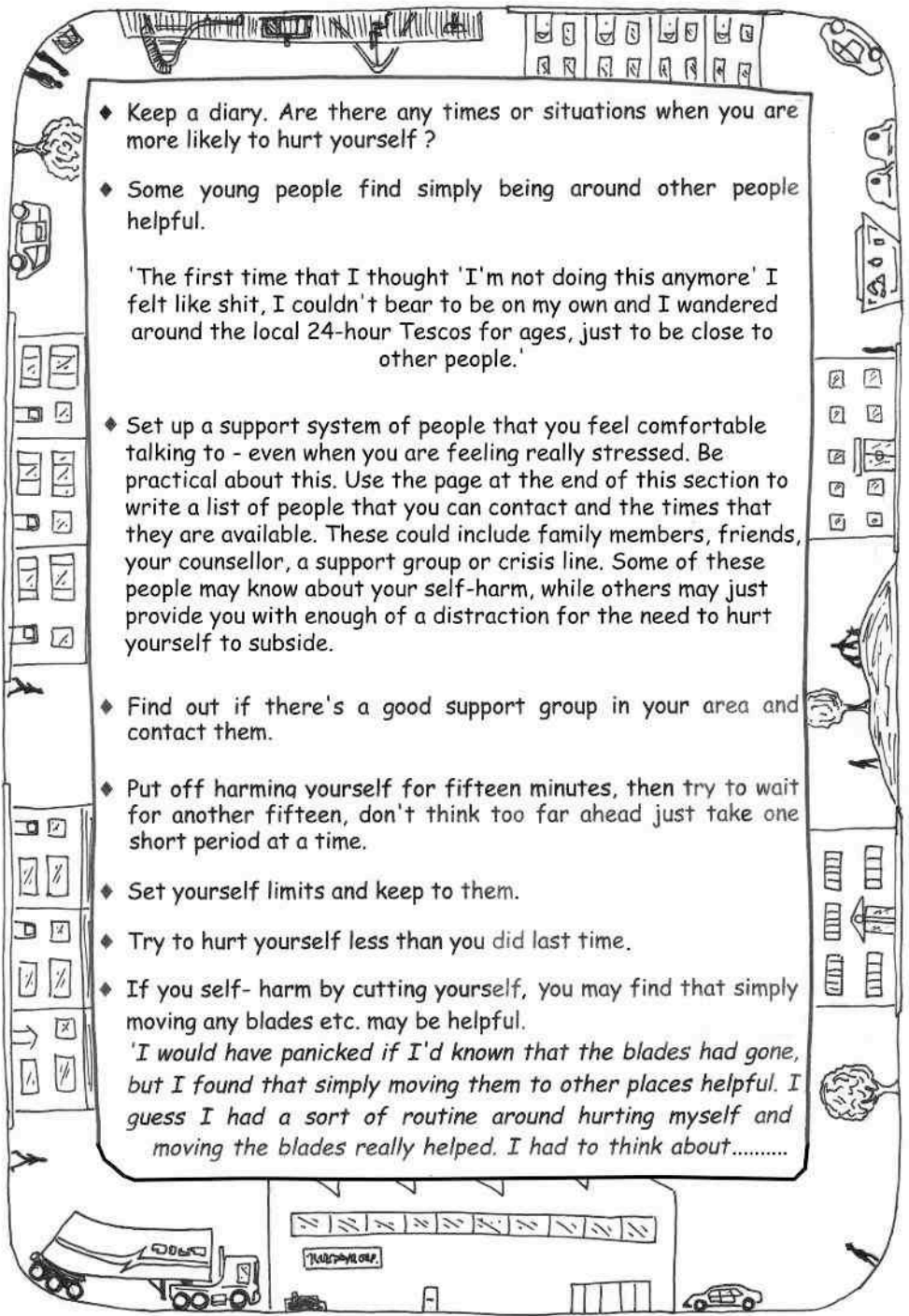
Some people find that their self-harm declines very slowly over a period of time as they unconsciously develop other ways to cope.

*'A friend commented how good my arms looked and I realised that I had to make a real effort to remember the last time that I had cut.'*

*'I remember the last time that I burnt myself, it wasn't particularly significant in any way, I certainly didn't think 'never again'!- ..... Lots of things have changed in my life and I feel more in control. I might hurt myself again, who knows?*

*But right now I don't need to.'*

Others however make a conscious decision to stop or not to hurt themselves so badly or so often. If you would like to work towards stopping your self-harm then you may find the following helpful.

- 
- ◆ Keep a diary. Are there any times or situations when you are more likely to hurt yourself?

- ◆ Some young people find simply being around other people helpful.

*'The first time that I thought 'I'm not doing this anymore' I felt like shit, I couldn't bear to be on my own and I wandered around the local 24-hour Tesco's for ages, just to be close to other people.'*

- ◆ Set up a support system of people that you feel comfortable talking to - even when you are feeling really stressed. Be practical about this. Use the page at the end of this section to write a list of people that you can contact and the times that they are available. These could include family members, friends, your counsellor, a support group or crisis line. Some of these people may know about your self-harm, while others may just provide you with enough of a distraction for the need to hurt yourself to subside.
- ◆ Find out if there's a good support group in your area and contact them.

- ◆ Put off harming yourself for fifteen minutes, then try to wait for another fifteen, don't think too far ahead just take one short period at a time.

- ◆ Set yourself limits and keep to them.

- ◆ Try to hurt yourself less than you did last time.

- ◆ If you self-harm by cutting yourself, you may find that simply moving any blades etc. may be helpful.

*'I would have panicked if I'd known that the blades had gone, but I found that simply moving them to other places helpful. I guess I had a sort of routine around hurting myself and moving the blades really helped. I had to think about.....'*

....where I had put them and that seemed to give me just a little time for the desperate need to cut to lessen a bit.'

Try doing something that provides you with another way to express your feelings which is less harmful.

- ◆ Save glass bottles, take them to the local 'bottle bank' and really throw them in.
- ◆ Save paper and rip it up.
- ◆ Hit dough ('Play Doh' is fine and keeps for ages) or make models and squash them.
- ◆ Really punch a pillow or your mattress.
- ◆ When doing the above give yourself permission to shout, scream, swear or cry as loud as you need to.
- ◆ Hold ice cubes or plunge your hand **briefly** into a tub of ice-cream or bag of frozen peas. Some people find adding red food colour to the ice cubes helpful (this resembles blood when the ice melts).
- ◆ Exercise may help - jog or go to the gym.
- ◆ Snap an elastic band against your wrist.
- ◆ Apply a henna tattoo (this takes considerable concentration, and you can pick off the henna the next day).
- ◆ When the urge to self-harm has decreased look after yourself. It's very likely that you'll feel emotionally 'shaky' at first.

For some young people stopping self-harm is not too much of a problem, for others however the need to hurt themselves can be almost overpowering at times. Some describe this as feeling as if a battle is taking place in their heads, one part wanting to stop, while the other part has an incredibly strong need to hurt themselves. If this happens to you, remember that it's not unusual to feel this way and that it does get better. There are people who understand and can help.

XYZ.

Enrosae

OLD LOOK

Ther's Price

Feel more than is good for you

Dobsons

Ye olde jone shoppe

eh.....???

Big Supermarket Place

Acappelo

Al Jones

Sing from this shop

NOOZ

# My Support System





# Section Three

What about drugs?

Surely alcohol is safe?



## What about Drugs?

All drugs can be dangerous if not used properly and using illegal drugs can be even more risky because you can never be 100% sure of what you are taking.

If you do use however, it is important that you look after yourself as much as possible:

### Remember:

Where you use is as important as what you take, accidents are far more likely to happen in isolated places where help is not quickly available.

Injecting drugs carries a risk of infection and a higher risk of overdose.

Cannabis is not legal and its use can cause serious health problems both physical e.g. lung damage and mental e.g. short term memory loss.

Mixing drugs with self-injury can be seriously dangerous.

Selling drugs or sharing with friends may be seen as 'dealing'.


If you use, take advice...be aware of the risks.

Common medications are also dangerous if misused.

Don't mix different types of drugs or mix drugs with alcohol.

It is possible to overdose on prescription and over the counter drugs. Legal does not mean safe.





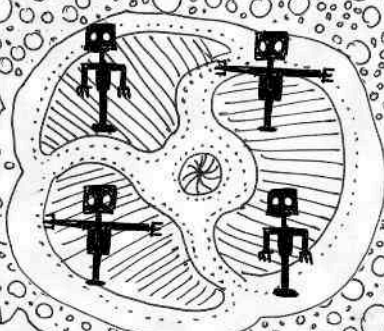
If you think that you have overdosed on any medication or other substance get help straight away. If in doubt contact NHS Direct on 0845 46 47.

If you want to give up drugs, cut down or use more safely contact:

Frank  
(talking about Drugs)

Tel: 0800 776600

*who will be able to give you information about local agencies*



**Taking illegal drugs is a serious offence and may result in imprisonment and a fine.**





## Surely Alcohol is Safe?

Lots of actions which are enjoyable and which may not cause any problems in moderation can be harmful if they become excessive.

Alcohol is very freely available and lots of people enjoy drinking on a social basis. Alcohol can help you feel calm, relaxed and confident.

However it can also lead to people feeling very emotional, aggressive or out of control and may seriously affect your judgement.

Too much alcohol can cause major difficulties because it can affect your behaviour and cause health problems (both short and long term).

Drinking alcohol can become a 'coping mechanism' a way of blocking out painful thoughts and feelings but when its effects wear off, the underlying problems are still there.

### Remember:

The effect of the alcohol doesn't depend only on its strength but on whether you have eaten, your weight and how quickly you drink.

Never leave your glass or bottle unattended, keep it with you !

Alcohol can make you feel very uninhibited (this means that you might do something that you wouldn't usually do) Go out with a friend and look after each other.

Before you go out, think about how you will get home.  
Arrange a lift or book a taxi.



Alcohol is a depressant and although you may feel good after a drink, its use can lead to you feeling really down.

After a night of partying you may still be 'over the limit' the next day.

Alcohol affects your judgement *don't take any risks.*

Mixing Alcohol with drugs or self-injury is very dangerous.

Too much alcohol can lead to people passing out and being sick when unconscious can be fatal.

A dependency on alcohol can become life controlling.

People have drunk alcohol for thousands of years and the rule is to be sensible and to take care of yourself.

*If you feel that you have a problem with alcohol get help.*

## **Contact**

National Drink-line  
(Freephone)  
0800 9178 282

They will put you in touch with a project in your locality.





# Section Four

Body image and  
issues around  
eating

# Body Image and Issues Around Eating:

People come in all sorts of shapes and sizes, some people are naturally slim while others are more shapely. Sometimes we can feel really good about the way that we look, but at other times we may be unhappy with our appearance.

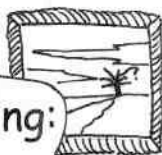
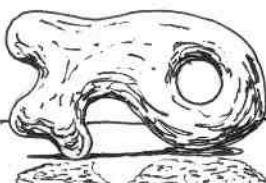
What body shape is 'fashionable' varies from one society and culture to another. Even in Britain it has been fashionable during different periods of time to be tall, short, curvy or slender and to have hair which is short, long, straight, wavy, curly, dark, red or fair.




The present 'cat walk' look of painfully thin size 0 models is generally very unrealistic, because although there are some people who can eat healthy diets and remain very slim, the majority of people who eat a sensible healthy diet are far more rounded than this.

Sometimes the media is accused of promoting this image which is reinforced by some shops which sell (very tiny) clothes for teenage girls.

Young people are often teased about their size and shape, that they are too skinny, too fat, too tall or too short and while some young people are teased or bullied because they are larger than average. Thin people can be given a hard time too;


*I've always been skinny, I could eat chips three times a day and not put on any weight. Mum took me to the doctors and he said that I was perfectly healthy, but some of the girls at school are really cruel, they call me names and make me feel really unhappy. Some days I pretend to be ill because I just can't face going.*





Eating is one of the most basic human needs, but food provides us with far more than fuel for energy and growth. Eating is often a social activity and it can also be a source of pleasure and comfort.

Links have also been made between diet and mental health, which suggest that if you eat a well balanced diet you will both look and feel better.




People can develop problems around eating for all sorts of different reasons and anyone can experience this type of difficulty (approximately 90,000 people are diagnosed as having an eating disorder in Britain at any one time), but young people (especially young women) seem to be at particularly high risk.

Sometimes problems around eating develop because people are unhappy about how they look and think that if they lost weight then they would look better and feel happier.

However, a problem with food is often an external sign that something is wrong emotionally.

For some people it may be a way of coping with difficult feelings or unpleasant events in their lives.



Some young people may develop an 'eating disorder' in response to a major trauma or problem. For others however, it may be the combination of several less dramatic problems or pressures that lead to them feeling unable to cope.

While for some young people what they eat (or don't eat) may be the one area of their lives that they feel that they have total control of.

***Problems around eating are more frequently linked with emotional well being than with food.***



## What is Anorexia Nervosa?

'Anorexia Nervosa' is an eating disorder. Young people who have anorexia restrict the amounts that they eat and drink and sometimes exercise too much. Their lives can become totally preoccupied with thoughts of food and their weight.

Anorexia affects the body physically, emotionally and mentally. It can be really dangerous because it causes chemical changes to occur in the brain that affect the way in which we think and reason.

Sometimes people go to extreme lengths to avoid eating and may find themselves being deceitful with family, friends, and themselves.

*'I was miserable because I had been bullied and called fat. I was determined to lose weight. It was okay at first, but as time went on I found that I had difficulties concentrating on anything else.*

*It was like an obsession. If I ate more than I thought that I should, then I had to exercise or miss a meal... I started eating in my bedroom and sometimes I would flush whole meals down the loo or wrap them in paper and put them outside in the bin. If I met friends in the pub I would tell them that I had already eaten. Or I would tell mum that I had eaten at college and wasn't hungry.*

*I became really good at lying, especially to myself. Realising that I had a problem and getting help was the hardest thing I've ever done.'*

If you feel that anorexia is an issue for **you**, don't put off getting help. If you would like more information about anorexia contact: **beat** (beating eating disorders)  
(See Really Helpful Telephone Numbers)





## What Is Bulimia Nervosa?

"Bulimia Nervosa" is also the name of an eating disorder and is actually more common than anorexia. However, because people usually remain at a reasonable weight the problem can sometimes be unrecognised.

In common with people with anorexia young people with bulimia can find that a preoccupation with food and calories dominates their lives.

However, while young people with anorexia continuously restrict what they eat, young people with bulimia often become trapped in a cycle of eating large amounts, and then vomiting or taking laxatives in an attempt to prevent the food being absorbed by their bodies. (Although sometimes people with bulimia will cut down on food after a 'binge' in the hope of compensating for the amount of food that they have eaten.)

Eating in this erratic way can cause a lot of physical problems. However, these can usually be resolved if a sensible diet is established and maintained.

## What is binge eating?

When people 'binge' they eat large quantities of food at one time. Some young people say that they feel a compulsion to eat huge amounts although they know that they will feel awful afterwards (emotionally and physically). Binge eating has a lot in common with bulimia but the person doesn't then try to rid their body of the large amount of food that they have eaten. Not surprisingly, this often leads to weight gain.



## Are there any other sorts of eating disorders?

People sometimes have other issues around food and eating. These are called 'EDNOS' which simply stands for 'Eating Disorders Not Otherwise Specified'

### Remember:

If you are concerned that you may be either over or under weight then your G.P. can be a useful first contact.

He /she may be able to suggest changes to your diet and (if appropriate) will work with you on developing a fitness programme.

If you want to lose weight, be wary of diets that promise rapid results. These claims may be exaggerated or the diet may actually be dangerous. Check it out *before* you start.

Dramatic changes in weight are not good. If you eat a healthy diet which includes a variety of different foods (e.g. vegetables, fruit, fish, cereals, pasta, rice, bread, eggs and meat) and aim to lose (or put on) weight very gradually you'll feel healthy and be more likely to maintain the change.

The images that we see in the media are generally very unrealistic. Young women in Britain today are more likely to be a size 14 than an 8!

Healthy, happy people come in a whole range of different shapes and sizes.

Eating disorders can be very isolating but you are not alone; others have been through experiences that are similar to yours, and meeting with other people who have 'been there' can be really helpful.

If you're unsure who to contact, ring beat (beating eating disorders) on 0845 6347650 (for under 18s), or 0845 6341414 (for 18+). They will do their best to point you in the right direction.

Be kind to yourself. Problems around eating can be very complex and working through them and developing other coping strategies can take time.





# Section Five

Really Helpful  
Telephone Numbers  
(and addresses)

## Really Helpful Telephone Numbers (Projects, addresses and web-sites)

### **The Amber Project**

The Quaker Meeting House  
43, Charles Street  
Cardiff  
CF10 2GB

Tel 029 2034 4776  
Mobile 07905 905437

[amber.project@churcharmy.org.uk](mailto:amber.project@churcharmy.org.uk)

### **42<sup>nd</sup> Street**

2<sup>nd</sup>. Floor Swan Buildings  
20, Swan Street  
Manchester.

Helpline: 0161 8320170

Monday - Friday 12:30pm - 4:30pm

### ***The Basement Project***

produces a number of  
helpful publications.

P.O. Box 5  
Abergavenny  
NP7 5XW

Tel: 01873856524

### ***Bristol Crisis Service for Women***

Helpline: 01179251119

(Friday, Saturday 9:00pm -12:30 am)

### ***National Self-harm Network:*** (Contact Information)

PO Box 7264,  
Nottingham, NG1 6WJ.



**beat (beating eating disorders)**

Confidential Youth Helpline: 0845 634 7650

Monday -Friday: 4:00 p.m.- 6:30 p.m.

Saturday: 1:00 p.m.- 4:30 p.m

Adult line: 18 + 0845 634 1414

Monday -Friday: 8:30 a.m. - 8:30 p.m.

Saturday: 1:00p.m. - 4:30 p.m.

Web Site: [www.b-eat.co.uk](http://www.b-eat.co.uk)

**Drink-Line (Free) 0800 9178282**

**Frank (talking about Drugs) 0800 776600**

**NSPCC (Helpline)**

**08088005000**

**Childline:**

**0800 111111**

**NHS Direct:**

**08454647**



This booklet was written by Caryl Stock

and

Illustrated by Justin Chaloner.



We would like to thank:



The young people of The Amber Project

Church Army

The Local Health Group

The Basement Project

42<sup>nd</sup> Street

beat

Eating Disorders Association

Inroads



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