



Self-harm Awareness Day – March 1st

Self-harm includes a lot of different things and different people define self-harm in different ways.

We all do some things which are harmful to ourselves from smoking and drinking to comfort-eating, risk-taking, nail-biting and wearing high-heeled shoes!

My definition of self-harm is doing something which is intended to be harmful to your body, where the harm is not just a by-product. Self-harm is different from attempted suicide as the intent is to hurt yourself not to kill yourself, although with some forms of self-harm people may be putting their lives at risk and people who self-harm are also more likely to attempt suicide.

Self-harm is more common in females than males which may be because women and girls tend to internalize things while men and boys tend to express things externally.

Self-harm can include cutting or burning skin or taking overdoses amongst other things. People who self-harm describe it as a coping strategy which serves a number of different functions for them. Some people say that self-harm can be a way of externalizing their pain; for some it is a form of self-punishment or of cleansing; others describe the physical pain as a distraction from emotional pain, whilst some people say they use it as a way of feeling present and connected to their body and surroundings.



Due to funding cuts there are not currently any national self-harm helplines in the UK; however Healthy Minds will be setting up a self-harm support group by the summer and the following websites have useful information:

National Self Harm Network

www.nshn.co.uk

Bristol Crisis Service for Women

www.selfinjurysupport.org.uk

REFERENCES

Asylum: The magazine for democratic psychiatry (Summer 2013, Vol 20) *Self-harm: Minimizing harm, maximizing hope* <http://tinyurl.com/nzslrdq>

42nd Street (June 2009) *Self-Harm: Recovery, Advice and Support Exploratory and evaluative research* http://ec.europa.eu/health/mental_health/eu_compass/reports_studies/youth_selfharm_report.pdf

42nd Street (Jan 2001) *Who's hurting who? Young People, Self-Harm and Suicide* Handsell Publishing



Mum Time

wellbeing for mums of babies and young children

1 – 2.45pm at The WomenCentre

23 Silver Street, Halifax

These informal sessions at The WomenCentre are a chance to chat with other mums and explore the impact of motherhood on our wellbeing through guided discussion.

Kidspace will be on hand to provide a free crèche for women attending the sessions but you should book in advance.

Wednesday 15th January

How does motherhood impact on our mental health and wellbeing?

What affects our mental health and wellbeing as mothers and how we might address them

Wednesday 5th February

Motherhood – exploring myths and coping with realities

society's expectations and how these can have negative and positive impacts on our experience of being a mum

Wednesday 19th February

Motherhood and Me – thinking about our own stories

what are our attitudes and expectations of ourselves as mums and how do they affect us?

Wednesday 5th March

Motherhood and Identity

How does being a mother impact on our sense of ourselves

Wednesday 19th March

Me Time – Looking after ourselves

self-care – a necessity not a luxury

The sessions are free and refreshments are provided.

For more information and to book a place contact Dianne on 01422 438722

Dianne@healthymindscalderdale.co.uk www.healthymindscalderdale.co.uk



These sessions are organised by Healthy Minds
Calderdale's only independent service user led mental health charity

This month, Mentality volunteers have been doing workshops in Calder High School and Halifax High School.

Students at Calder High School learnt “about mental health and how it affects people”, “reasons for bad mental health” and “that different things can affect different people in different ways”.



Students at Halifax High said that they learnt “how people feel while having mental health”, “that not all people get aggressive if they have mental health” and “how to get help if you are suffering”. They said they had enjoyed “being in other peoples shoes”.

For more information about Mentality, contact Tamsin on 01422 438722 or email Tamsin@healthymindscalderdale.co.uk

HEALTHY MINDS FORUM

**Forum meetings provide a space for people to come together to share ideas or experiences,
to feed back and influence local services
and to contribute to national campaigns relating to mental health.**

Recently we have discussed mental-health advocacy, and this will be revisited at a future forum meeting which will be attended by Penny from Rethink (providers of advocacy in Calderdale).

Our next meeting, Monday 7th April, will focus on:

**The experiences of parents who experience / have experienced
mental-health problems / emotional distress**

Other topics that people have said they would like to discuss at future meetings include medication, data-sharing and access to records, self-harm services / policy / strategy.

If you have something to say about mental-health services locally or nationally, would like to feed into local or national campaigns about mental health or just share your experiences with others, then please get in touch with Tamsin tamsin@healthymindscalderdale.co.uk 01422 438722.

**Next 3 Forum Meetings . . . Monday 7th April, Monday 5th May and Monday 2nd June
5.30-7.30pm, Room 3, Halifax Central Library**

Please contact Tamsin on 01422 438722 or tamsin@healthymindscalderdale.co.uk

**Over the summer,
Healthwatch Calderdale
carried out
community engagement
activities across
Calderdale.**



As part of this, people were asked to give their feedback about local Health & Social Care services. Through this, a number of issues were highlighted, one being about support and awareness of Mental Health. As a result of this feedback, Healthwatch Calderdale has set up a dedicated Task & Finish group to look into this matter further.

Healthwatch Calderdale has developed a questionnaire for people to tell us their views on Mental Health services in Calderdale. This will be used to help gather more information about the experiences of local people on this particular issue.

We would appreciate if you could spend a few minutes completing the questionnaire and also circulate it amongst your own networks.

A member of Healthwatch Calderdale can come and discuss this, and other Healthwatch work, at any of your meetings.

The survey can be accessed via the link below:

www.surveymonkey.com/s/mentalhealthcalderdale

The deadline for responses is **Monday 31st March 2014**

***Thank you for your time and consideration on this matter.
We look forward to receiving your feedback.***

***For more information on Healthwatch Calderdale,
Please ring 01422 431099 or email info@healthwatchcalderdale.co.uk***

Museum Minded

A unique opportunity to see behind the scenes at the museum and take a tour round our stores. Join us for one of our 4 week courses, where you can handle and display some of the wonderful artefacts stored at Bankfield Museum, and learn more about what we do. Enjoy a **free** lunch on the first day of each course. **Open to all who may gain any benefit to their Wellbeing.**

Course 1:

Wednesday 5 February 10.30am-3pm
Wednesday 12 February 2-3.30pm
Wednesday 19 February 2-3.30pm
Wednesday 5 March 2-3.30pm.

Course 2:

Wednesday 19 March 10.30am-3pm
Wednesday 26 March 2-3.30pm
Wednesday 2 April 2-3.30pm
Wednesday 9 April 2-3.30pm.



For referrals or to book a place please contact Mark Wisbey (Creative Minds contact), 01422 281317 or Healthy Minds, 01422 438722 or Jen Fagan 07795035567.

For more information contact Fiona Willats, Museum Education Officer on 01422 352334.



Bankfield Museum
Boothtown Road
Halifax HX3 6HG

Phone: 01422 352334

Healthy Minds March Events Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
					1 st	2 nd
3 rd Bi-polar Support Group	4 th Wellbeing for Women	5 th Mum Time (p2)	6 th	7 th	8 th	9 th
10 th Depression Support Group Healthy Minds Forum	11 th Wellbeing Works Support Group	12 th Hearing Voices Support Group	13 th	14 th	15 th	16 th
17 th Bi-polar Support Group	18 th Wellbeing for Women	19 th Mum Time (p2)	20 th	21 st	22 nd	23 rd
24 th Depression Support Group	25 th Wellbeing Works Support Group	26 th Hearing Voices Support Group	27 th	28 th	29 th	30 th
31 st						

CONTACT US: ☎ 01422 438722

✉ wendy@healthymindscalderdale.co.uk or dianne@healthymindscalderdale.co.uk

🌐 www.healthymindscalderdale.co.uk 🐦 <https://twitter.com/healthymindscw>

📘 <https://www.facebook.com/pages/Healthy-Minds/363179503737471>

HEALTHY MINDS
SUPPORT GROUPS



BIPOLAR
2 - 4 PM
The Fielden Centre
Todmorden

WELLBEING FOR WOMEN
2 - 4 PM
Brighouse Library

***MUM TIME**
1:15 - 2:45 PM
WomenCentre
Halifax

**Please ring Dianne (01422 438722) to book a free space in the crèche with Kidspace.*

DEPRESSION
1 - 3 PM
Noah's Ark Centre
Ovenden

WELLBEING WORKS
2 - 4 PM
St Paul's Methodist Church
Tower Hill, Sowerby Bridge

HEARING VOICES
12:30 - 2:30 PM
Voluntary Action Calderdale
Hall Street, Halifax