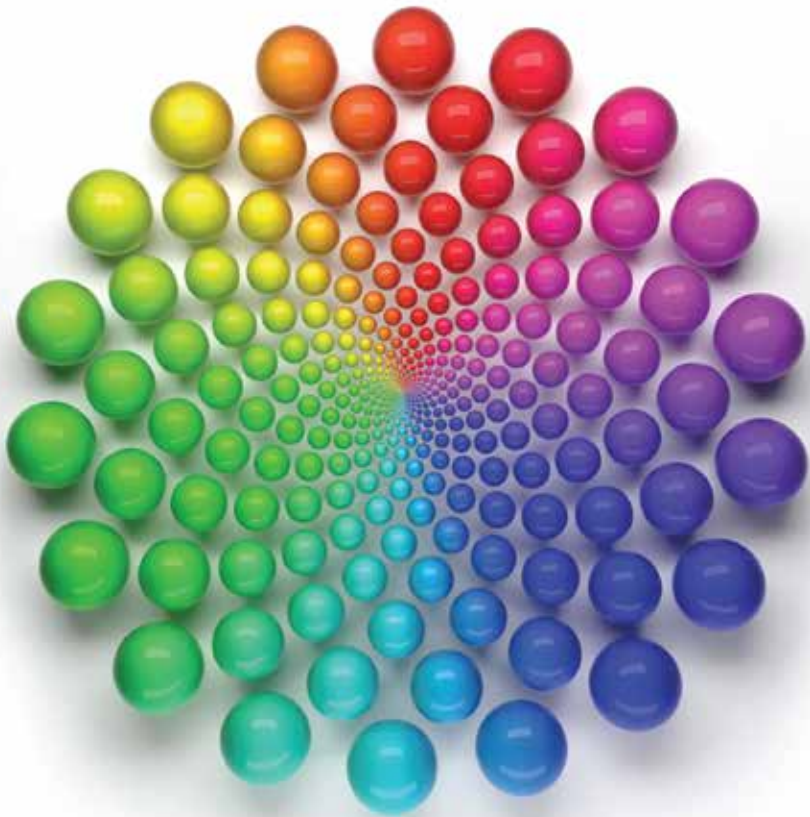




Self Help Journals



Spectrum



Introduction

Opals are very like the human psyche. They come with both the absence and containment of colour. Opals are both black and white, and within each is a colour spectrum. It is this that was kept in mind during the naming of the project and the collaboration of this book, and it acknowledges that numerous different emotions contribute to people self-harming.

This book is here for you to record these emotions and to give you a place to express them. It is hoped that eventually you will see this book to help yourself, rather than turning to self initiated pain. In the beginning it maybe that you only use this book to record when you harm yourself, and how you were feeling when you did. Hopefully, by keeping a record of this, it will make things easier when you decide to tell someone. Often it is easier to write down what you want to express rather than saying it out loud.

This book is yours to do with what you will. It is up to you how to decide to use it and what you put in it. Throughout the book there are poems and pictures designed to inspire and to comfort. How you interpret these, and what you draw from them is entirely your choice. Finally, this is your personal space to write, draw or scibble in.

Above all, remember that although the road may seem long and tiring, there is a way to get through it, without resorting to other means.

Stay Safe.

COURAGE

doesn't always ROAR.

Sometimes courage is that quiet voice at
the end of the day saying
"I WILL TRY AGAIN TOMORROW."



A Spectrum of Emotions

*Inside a person,
A shower of emotions,
All reds and blues and greens.*

*Red is all angry,
But spotted with love,
It cries and simmers and dreams.*

*Blue is deep losses,
The races not won,
It hides until called to use*

*Green is all envy,
With hatred a swirl,
Green is just used to abuse.*

*There are colours inside,
These the most common,
All reds, and blues and greens.*

By Laura Sutcliffe

"If you do not hope,

you will not find what is beyond your hopes"



SKETCH PAGES



I am fighting.....

*I am fighting a war,
A war with only one person,
A war between conflicting emotions,
A war between myself and me.*

*How do I pull it down?
How do I break through,
The barrier inside, built up,
Between myself and this.
I have yet to win the war,
Yet to see the outcome,
The consequences of the fight,
I have yet to learn to like myself.*

*I am fighting a war,
A war on many sides,
The enemy is not yet clear,
But win, I must!*



SKETCH PAGES



A
Journey
of a
THOUSAND

—• MILES •—

BEGINS WITH A

~ SINGLE ~

STEP





A black and white photograph of a weathered stone wall. The wall is composed of large, rectangular blocks of stone, some of which are dark and stained, while others are lighter and more textured. The inscription "THERE IS ALWAYS HOPE" is carved into the top section of the wall. The text is in all caps and is slightly faded. The wall is set against a light-colored background, possibly a sky or a wall. The overall mood is somber and contemplative.

THERE IS ALWAYS HOPE

SKETCH PAGES



“Only as high as I can reach can I grow,
Only as far as I seek can I go,
Only as deep as I look can I see,
Only as much as I want can I be.”



Fear

Scared, sinking

Whirlpools spinning, pulling down

Drowning, hurting,

Struggling to see, to understand,

The need to know,

Frightened, Help....

SKETCH PAGES



SKETCH PAGES





Thank You
Where I go,
You go too,
And the hard times,
You've seen me through.
Past all the hurt,
And all the pain,
You've helped me see
The light again.

Useful Contacts

The Opal Project - A project run by Service Six to help give guidance and advice to people who self-harm

W: theopalproject.com

Service Six - Service Six provides free confidential & professional support & counselling to those experiencing issues relating to self-harm.

T: 01933 277520/273746 W: servicesix.co.uk

Samaritians - Samaritians provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

T: 0845 7909090 W: samaritans.org.uk

Childline - Childline is the free helpline and online service for children and young people in the UK.

T: 0800 1111 W: childline.org.uk

Selfharm.co.uk - a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.

W: selfharm.co.uk

Young Minds - Young Minds is a charity committed to improving the emotional wellbeing and mental health of children and young people.

T: 02070895050 W: youngminds.org.uk

Asknormen - the gateway for emotional mental health and wellbeing. Just ask NORMEN who will help you to find further information and support.

W: asknormen.co.uk E: asknormen@nhs.net

Disclaimer

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'There is Always Hope' by the artist known as Banksy used with express permissions from the artist himself

Other Self Help Journals Available

**Anger Management
Bullying
Emotional Abuse
Domestic Abuse
Physical Abuse
Self Image
Sexuality
Sexual Abuse
Sexual Exploitation**

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W: servicesix.co.uk
E: help@servicesix.co.uk
Registered Charity Number: 1132490
Registered Company Number: 06740611 (CLG)**