



Press Release

Tuesday, 9 February 2016

The Chrissy B Show looks into self-harm, a troubling trend among teens

Ahead of Self-Injury Awareness day on March 1, the Chrissy B show will be focussing on this problem, which affects an increasing number of teens, and ask what we can do to help those who feel compelled to harm themselves.

The show, which airs at 10pm on 22 February, on My Channel Sky 203 will be welcoming a special guest from the charity, the WISH Centre, along with resident psychologist Audrey Tang, and two real life story guests. One is Sonya Roseman, a former self harmer and the other is 19-year-old Isobel Pollard, who benefitted from the work of WISH, and will be accompanying the charity's spokeswoman, Shanice Grant.

“I believe that a trouble shared is a trouble halved,” says the show’s host Chrissy Boodram. “Where mental health issues are concerned, the best approach is to try to understand what’s going on, never be judgmental and be available to talk so that those affected do not suffer in silence.”

Chrissy will be exploring self-injury, its connection with bullying, and the aims of the upcoming awareness day with Shanice Grant as well as finding out all about WISH for the benefit of viewers.

Shanice will give advice for sufferers and those who are close to them, while resident psychologist Audrey Tang will explain how to behave towards a self-harming loved one, where to seek help, and will respond to the real life stories.

Sonya Roseman will undoubtedly make gripping viewing she tells how, as an insecure and disillusioned 14-year-old, she moved through her early attempts at self-injury using a razor to an abusive relationship, and time in hospital. Brought

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up short by a bereavement, she finally decided to follow her passion and has recently been nominated for a film award.

Isobel, too, will be talking about her experiences with self-harming, and how WISH has helped.

Statistics show that in 2014 there was a 70% increase in the number of young teens going to A&E for self harm related reasons over the previous two years. Of 6,000 young teens surveyed in 2014, one in five 15-year-olds admitted to self-injury. "This is a very sad situation and whatever we can do towards reducing the numbers affected must be done," Chrissy concludes.

ENDS

Notes to editors:

The WISH Centre (WISH) is a charity supporting young people into recovery from self harm, violence, abuse and neglect. It is based in Wealdstone, in the London borough of Harrow. WISH is a member of the British Association of Counselling and Psychotherapy and works within its ethical framework. All staff are fully qualified and DBS checked. www.thewishcentre.org.uk/

Chrissy Boodram is host of the UK's only TV chat show dedicated to promoting good mental health and wellbeing. The show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major health issues of our time.

Chrissy Boodram holds a degree in Business Studies from the University of Westminster. She has been a TV presenter for over eight years and has hosted her own TV show on My Channel Sky 203 since June 2012. Her previous work experience includes public relations, HR, web and graphic design and community outreach. She loves to learn and develop and believes everyone can continue to learn, grow and improve irrespective of age and their circumstances.

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