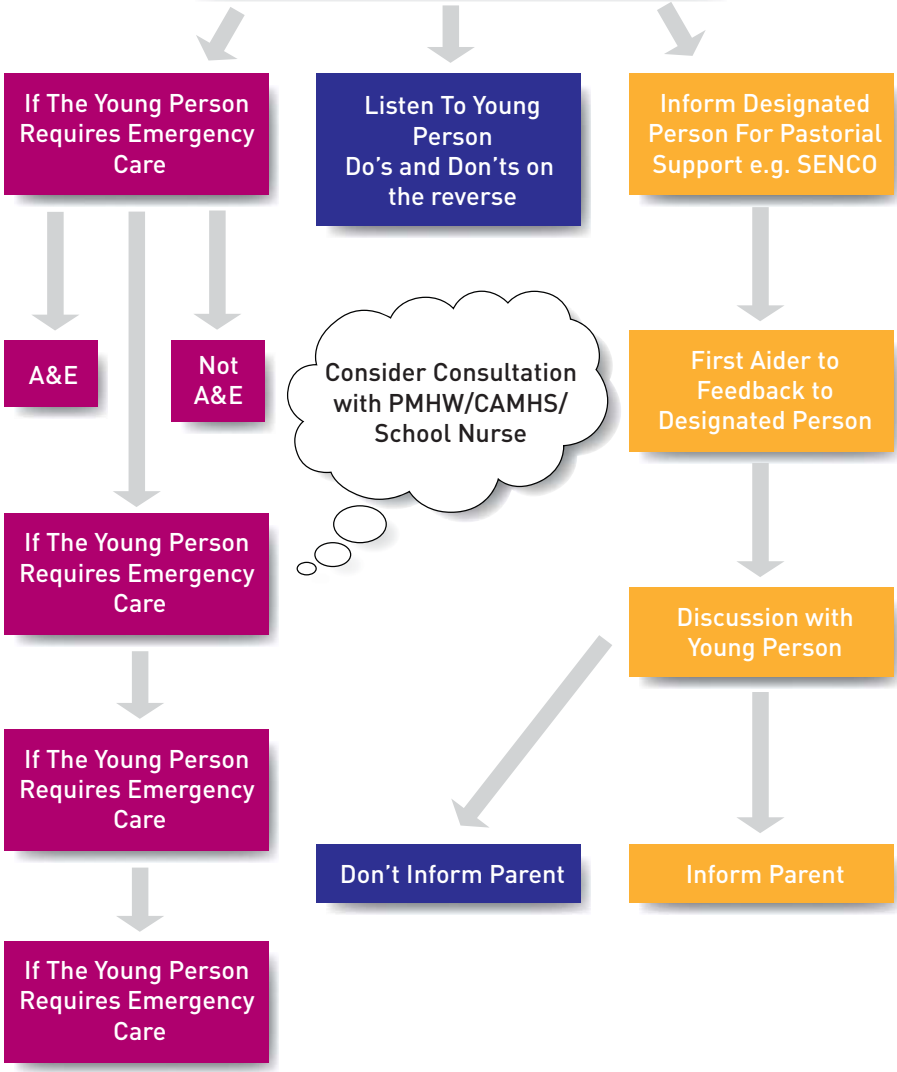




Self Harm Care Pathway

What You should Do If You Discover A young Person Is Self Harming



DO

Stay Calm – do not show anxiety, disapproval or disgust be prepared to be shocked – then.....

Listen – just being listened to can be a brilliant support and bring great relief to someone; particularly if they have never spoken to anyone about their self-harming before.

Listen intently – calmly ask any relevant questions – try and build a rapport with the young person, whilst you ascertain what is happening for them.

Listening – does not just require ears - Observe the young person's non verbal clues – look at their body language – does what they say and what you see match up? What is the underlying mood state – is it anger? sadness? frustration?

Think carefully before you act – what is in the best interest of the young person.

Remember most episodes of self-harm have nothing to do with suicide. However the easiest way to differentiate between suicide and self-harm is by asking the young person what was their intention behind the self-harm behaviours.

Treat a suicide intention as an emergency, do not leave the young person alone or in a vulnerable environment – get help and support as soon as possible and remain calm.

DON'T

Panic – Unfortunately many young people self-harm – it is a complex issue and each young person will have a different reason or story behind their behaviour – panicking will not help the young person feel safe and contained.

Don't send the young person away – make some time for them – either help them find other ways of coping or support them in getting the right kind of support.

Don't be judgemental – keep an open mind about the behaviour and don't refer to it as "attention needing".

Work Alone: you may still see a young person alone, but you will need to offload with an appropriate staff member or colleague from another agency.

Don't offer to take the young person to your home environment, Don't give them your mobile number or house number – or get into texting the young person. It is more appropriate and professional for you to help the young person identify their supportive network, than for you to take this upon yourself.

Self-harming behaviours can be extremely concerning, but you cannot offer objective support when enmeshed within the young person's difficulty.

National Advice and Help Lines

Careline – 020 8514 1177 Mon to Fri 10am – 4pm, 7pm – 10pm, Confidential telephone counselling for people of any age on any issue.

Childline – 0800 1111 www.childline.org.uk 24hrs helpline For children and young people under 18 providing confidential counselling.

PAPYRUS – 0870 170 4000 www.papyrus-uk.org Offers a helpline to give support, practical advice and information to anyone who is concerned that a young person may be suicidal

NCH – 020 7704 7000 www.nch.org.uk Provides family centres, child abuse treatment services, leaving care projects, respite etc. Counselling for families and children, and printed information

Bristol Crisis Service for Women – 0117 925 1119 Fri & Sat 9pm-12.30am, Sun 6pm-9pm Supports women and girls in emotional distress, especially those who self-harm, or their friends or relatives. Provides publications and holds list of local groups throughout the country.

National Self-Harm Network www.nshn.co.uk Support for people who self-harm, provides free information pack to service users.

Samaritans – 08457 90 90 90 www.samaritans.org.uk Confidential emotional support for anybody who is in crisis.

Young Minds www.youngminds.org.uk Information on a range of subjects relevant to young people. There are many other projects out there traceable through phone directories, web searches etc.