

General worries/thoughts of self-harm

Website & helplines:

- Hampshire Child and Adolescent Mental Health Service
 - <https://hampshirecamhs.nhs.uk/>
- Kooth
 - <https://www.kooth.com/>
- National Self-Harm Network
 - <https://www.talkofftherecord.org/need-help-now/national-self-harm-network/>
- Self-Harm UK
 - <https://www.selfharm.co.uk/>
- Childline (18yrs and under)
 - Freephone 24h helpline: 0800 1111
 - <https://www.childline.org.uk/>
- The Mix (25yrs and under)
 - <https://www.themix.org.uk/>
 - Freephone: 0808 808 4994 (daily 13:00-23:00)
- Young Minds
 - <https://youngminds.org.uk/>
- Harmless
 - <http://www.harmless.org.uk/>
- Wessex Healthier Together
 - <https://what0-18.nhs.uk>
- Mental Health Foundation
 - <https://www.mentalhealth.org.uk/publications/truth-about-self-harm>

Direct Support:

- School Emotional Literacy Support Assistants (ELSAs), Pastoral Support
- GP
- ChatHealth – Hampshire Public Health School Nurses
 - Anonymous text service: 07507 332 160
- Counselling
 - <https://hampshireyouthaccess.org.uk/>
- Hampshire & IoW Educational Psychology (HIEP) referral via school (age 0-25yrs)
 - <https://www.hants.gov.uk/educationandlearning/educationalpsychology/aboutus>
- Solent Mind
 - <https://www.solentmind.org.uk/our-services>

Parent/Carer Support:

- Young Minds Parents Helpline
 - <https://youngminds.org.uk>
 - Freephone: 0808 802 5544 (Mon-Fri 9:30 - 16:00)
- Harmless
 - <http://www.harmless.org.uk/whoWeSupport/familyAndFriends>
- Hampshire Parent Carers Network
 - <http://www.hpcn.org.uk/information/>
- Hampshire Autism Voice
 - <http://www.hampshireautismvoice.org.uk/>
- Every Mind Matters
 - <https://www.nhs.uk/oneyou/every-mind-matters/>

Managing Self-Harm – Resources for Education Staff and Parents Supporting Children and Young People in Hampshire – April 2020



GETTING HELP

Superficial cuts, increased thoughts of self-harm

In addition to those listed in the green box consider:

Website & helplines:

- Charlie Waller Memorial Trust
 - <https://www.cwmt.org.uk/schools-families>
- Samaritans
 - <https://www.samaritans.org/how-we-can-help/schools/>

Apps:

- NHS Mental Health Apps
 - <https://www.nhs.uk/apps-library/category/mental-health/>
- Healios ThinkNinja
- Calm Harm
- Headspace
- In Hand
- Stay Alive

Direct Support:

- Student/Pastoral Support Teams
- Mental Health Support Teams (location specific)
- Counselling - No Limits, directly employed school counsellor
- Primary Mental Health Workers
 - Referrals via EHWB workers
- CAMHS
 - Single Point Access: 0300 304 0050 (Mon- Fri 9 -5)
 - Download referral forms and send to: SPNT.HantsCamhsSpa@nhs.net
- GP
- Public Health School Nurse Service
- Phone support NHS 111
- Mind “Safe Haven” – Out-of-Hours crisis service (location specific)

Parent/Carer Support:

- Hampshire Parent Carers Network – Future in Mind sessions
 - <http://www.hpcn.org.uk/information/>
- Wellbeing Centres
 - <https://www.solentmind.org.uk/our-services/wellbeing-services/>
- Italk
 - <https://www.italk.org.uk/self-referral/>
- MindEd
 - <https://www.minded.org.uk/>

WHAT TO LOOK OUT FOR

<p>Sadness or low mood</p> <p>Feeling tired</p> <p>Loss of motivation</p> <p>Low confidence</p> <p>Felling irritable and grumpy</p>
<p>Isolating from peers and school</p> <p>Feeling worthless</p> <p>Not able to relax</p> <p>Thoughts of self-harm/is self-harming</p>
<p>Significant impact upon an individual's functioning</p> <p>Increased risk of self-harm/or thoughts of harming others</p> <p>Suicidal ideation with plan and intent</p>

GETTING MORE HELP

Thoughts, intent and plan regarding suicidal thoughts

Any immediate concerns i.e. overdose go to A&E for medical treatment

- CAMHS
 - CAMHS Threshold <https://hampshirecamhs.nhs.uk/>
 - Single Point of Access and Referral 0300 304 0050 <https://www.sussexpartnership.nhs.uk/CAMHS-referral>
- Papyrus – confidential advice and support for young people who feel suicidal also support for parents/people concerned about a young person aged 35yrs and under
 - www.papyrus-uk.org
- Stay Alive App

Hampshire and IoW Self-Harm Pathway for non-health professionals

- <https://hipsprocedures.org.uk/qkyvlg/children-in-specific-circumstances/self-harm-and-suicidal-behaviour#s3880>

Hampshire Safeguarding Children and Young People

- <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/safeguardingchildren>