

Managing Self-Harm – Resources for Staff and Parents Supporting Children and Young People in the City of York

What is self-harm?

Self-harm can be expressed in young people of all ages and is often used as a way to cope with feelings that young people find difficult and distressing. This can mean that young people find themselves in risky situations which may result in injury. For most young people, self-harm is not an intention to end their life however, sometimes young people feel unsure whether they want to live or not. Self-harm can include anything that may not only cause physical harm but may also include issues such as self-neglect, restrictive eating, using substances such as alcohol and drug misuse, which may place the young person at risk.

What to look out for?

INFORMATION, ADVICE & SUPPORT	GETTING HELP	GETTING MORE HELP
Sadness or low mood	Isolating from peers and school	Significant impact upon an individuals functioning
Feeling tired	Feeling worthless	Increased risk of self-harm/or thoughts of harming others
Loss of motivation	Not able to relax	Suicidal ideation with plan and intent
Low confidence	Thoughts of self-harm/is self-harming	
Felling irritable and grumpy	Superficial cuts	

Where to get support?

INFORMATION, ADVICE & SUPPORT

General worries/thoughts of self-harm

Website & helplines:

- City of York Child and Adolescent Mental Health Service: <https://www.tewv.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 or <https://www.childline.org.uk/>
- The Mix (25yrs and under): Freephone: 0808 808 4994 (daily 13:00-23:00) or <https://www.themix.org.uk/>
- Yormind: <https://www.yormind.org.uk>
- Young Minds: <https://youngminds.org.uk/>
- Harmless: <http://www.harmless.org.uk/>
- Humber and North Yorkshire Healthier Together: <https://www.hnyhealthiertogether.nhs.uk/>
- Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/truth-about-self-harm>

Direct Support:

- School Pastoral Support Teams
- City of York Council School Wellbeing Service: <https://www.yor-ok.org.uk/sws.htm>
- GP
- School Nursing Team: <https://www.yor-ok.org.uk/families/school-nursing-team>
- City of York Education Psychology Service: <https://www.york.gov.uk/EducationalPsychologyServices>

Parent/Carer Support:

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

GETTING HELP

In addition to those listed in the green box consider:

Website & helplines:

- Charlie Waller Memorial Trust: <https://charliewaller.org/what-we-offer/parents-and-carers/>
- Samaritans <https://www.samaritans.org/how-we-can-help/schools/>

Apps:

- Calm Harm
- Headspace
- In Hand
- Stay Alive
- The Mix

Direct Support:

- School Pastoral Support Teams
- City of York Council School Wellbeing Service: <https://www.yor-ok.org.uk/sws.htm>
- GP
- School Nursing Team: <https://www.yor-ok.org.uk/families/school-nursing-team>
- City of York Education Psychology Service: <https://www.york.gov.uk/EducationalPsychologyServices>
- Phone support NHS 111
- CAMHS: <https://www.tewv.nhs.uk/locations/orca-house/> or Telephone: 01904 420950 (Single Point of Access Team is 01904 615345)



GETTING MORE HELP

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

Direct Support

- GP
- CAMHS: <https://www.tewv.nhs.uk/locations/orca-house/> or Telephone: 01904 420950 (Single Point of Access Team is 01904 615345)

Website & helplines:

- 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

Safeguarding

- City of York MASH: <https://www.saferchildrencyork.org.uk/concerned-about-a-child-or-young-person.htm>



Further Information and the Self-Harm Guidance can be found: <https://www.saferchildrenyork.org.uk>

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