

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](mailto: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](http://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>