

Self-harm is a wide definition that includes eating disorders, self-injury, risk-taking behaviour, and drug / alcohol misuse. Self-harm is the term used to describe when someone deliberately hurts themselves as a way of dealing with their emotions.

Types and signs of self-harm.

There are many different ways people can intentionally harm themselves, such as:

- cutting or burning their skin
- punching themselves
- poisoning themselves with tablets
- misusing alcohol or drugs
- deliberately starving themselves (anorexia nervosa) or binge eating (bulimia nervosa)

Local Supporting Information

Shropshire Safeguarding Board guidelines/ Pathways to self –harming

Self-Harming Pathway:

<https://www.shropshire.gov.uk/media/866828/Self-Harm-Policy-and-Guidelines-1.pdf>

Suicide Prevention Pathway:

http://westmerciaconsortium.proceduresonline.com/pdfs/shrop_suicide_prevent_care_pathway_to_olkit.pdf

Early Help Pathway and Tools:

<https://www.shropshire.gov.uk/early-help/early-help-forms/>

<https://www.shropshire.gov.uk/early-help/compass/>

CAMHS – Children’s Mental Health

Coral House, 11 Longbow Close, Harlescott Lane, Shrewsbury, Shropshire SY1 3GZ
Tel: 01743 450800 (With the exception of emergency referrals, requests relating to child and adolescent mental health that would previously have been referred to CAMHS will now be coordinated at Compass)

<http://www.shropscommunityhealth.nhs.uk/rte.asp?id=10062>

Shropshire Psychological therapies (IAPT)

Welcome to Shropshire Primary Care Psychological Therapies Service. We aim to improve health and wellbeing by offering a range of help, advice, life skills courses, supported self-help, groups and individual therapies for everyone aged 16 and over.

CAN REFER SELF TO THE SERVICE or contact GP to refer

Severn Fields Health Village, Sundorne, Road, Shrewsbury, Shropshire, SY1 4RQ

Telephone: 0300 123 6020

Email: iaptshropshire@nhs.net

We also offer appointments at various venues across the county of Shropshire

IAPT also offer FLASH clinics:

The FLASH (Focused, Learning and Self Help) Clinics are based on guided self-help, which enables a person to learn new skills and tools to cope with common mental health problems.

The course can help with:

- Anxiety
- Stress
- Depression and Low Mood
- Social Anxiety
- Low Self Esteem
- Sleep Problems
- Self-Harm

Shropshire Young Peoples Substance Misuse Team, Shropshire Recovery Partnership

We provide advice and support for young people aged 18 and under who are affected by drugs, alcohol or solvents.

Telephone: 01743 258800

Targeting Mental Health Support – School/service approach

Contact Hayley Bayley- TAMHS project manager 01743 360501

Think Good Feel Good:

<https://www.shropshirelg.net/services/targeted-mental-health-support/schools-and-professionals/about-tamhs/>

Shropshire School Nurse Service:

The school nurse service aims to promote and support the health and wellbeing of all school aged children aged five to 19 years old. School nurses work together with children, young people, parents, carers and professionals to help keep children healthy throughout their school years.

Shrewsbury Tel: 01743 277673 **Ludlow** Tel: 07896812 233 **Oswestry** Tel: 01691 663610

Wem Tel: 01939 235277 **Bridgnorth** Tel: 01746 711953 **Market Drayton** Tel: 0163656974

<http://www.shropscommunityhealth.nhs.uk/school-nurses-shropshire>

Shropshire Council leaflets

(Leaflet for young person)

<http://www.safeguardingshropshireschildren.org.uk/scb/files/Self%20Harm%20Young%20People.pdf>

(Leaflet for Friend)

<http://www.safeguardingshropshireschildren.org.uk/scb/files/Self%20Harm%20My%20Friend.pdf>

(Leaflet for parent)

<http://www.safeguardingshropshireschildren.org.uk/scb/files/Self%20Harm%20Parents-Carers.pdf>

Organizations/ Service providers, supporting information.

Children & Young People:

ChildLine

Info for young people on a variety of issues that impact on emotional health and wellbeing.

<http://www.childline.org.uk/EXPLORE/SELF-HARM/Pages/about-self-harm.aspx>

Self-Harm UK

This area is full of information about who self-harms, why people might self-harm and what you can do to help or support. Everyone has a different understanding about why it may be happening to them, but this should provide you with some basic information if you are encountering self-harm for the first time.

https://www.selfharm.co.uk/get/facts/what_is_self-harm/

Harmless

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.

<http://www.harmless.org.uk/>

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.

www.youngminds.org.uk/

Time to Change

Led by mind and rethink mental illness, we're England's biggest programme to challenge Mental Health stigma and discrimination

<http://www.time-to-change.org.uk/youngpeople>

(Time to change - leaflet) What is self – Harm?

<http://www.time-to-change.org.uk/sites/default/files/what%20is%20self%20harm.pdf>

For parents to be able to talk to their children about mental health issues. It looks at having a tricky conversation and why it's important to talk.

<http://www.time-to-change.org.uk/parents>

NHS Choices

Self-Harm Introduction

<http://www.nhs.uk/Conditions/Self-injury/Pages/Introduction.aspx>

Getting Help:

<http://www.nhs.uk/Conditions/Self-injury/Pages/Treatment.aspx>

The Glade: leaflet on it's same to talk about suicide

<http://www.theglade.org.uk/library/files/Its%20Safe%20To%20Talk%20About%20Suicide%20Leaflet.pdf>

N I C E: National Institute for health and clinical excellence



Eating Disorders:

Self-harm in its broadest sense incorporates eating disorders as a type of harm to your health and body. But there are also links between self-harm and different types of eating disorders.

Areas of concern to take in to account when speaking to either Professional or Parent / Carer.

Purging:

- Excessive Exercise
- Vomiting (Self Induced)

Risk Factors:

- Hair loss on head
- Hair growth on body
- Severely restricting diet then increasing
- Large weight loss over short period of time.
- Insufficient fluid intake
- Cold extremities

Advise Professional to telephone 034567890021 and request CAMHS consultation, If Parent /Carer telephones and young person is displaying any of these behaviours please discuss with CAMHS in compass

NHS/ Choices Information for parents:

<http://www.nhs.uk/Livewell/eatingdisorders/Pages/eating-disorders-advice-parents.aspx>

National Centre for Eating Disorders

We believe that you have the right to have good help from someone who cares and understands.

Tel: 0845 838 2040

<http://eating-disorders.org.uk/>