

## **Points to consider for safety planning when concerned that a young person is at risk of/ or presenting with self-injurious behaviour and/or suicidal thoughts.**

- If concerns about immediate risk of harm to self or others, then please call an emergency service using 999 and make them aware of all information.
- In the event of a suicidal attempt or significant concern following suicidal thoughts parents/carers should contact an emergency service using 999 or bring young person to A&E without hesitation.
- If a child/ young person has deliberately or accidentally ingested any form of unprescribed medication or overtaken prescribed medication, please seek medical advice immediately either by contacting 999 or transporting them to their nearest A&E department.

**\*Each child/ young person will physically respond differently to these events and seeking medical advice should not be determined on the amount taken, type ingested or initial physical presentation.**

- Where a child displays any other forms of self-injurious behaviour parent/ carers are able to seek advice from CYPMHS via the **CWP Mental Health Crisis line available 24 hours a day on 0800 145 6485.**
- If missing from home, contact emergency services immediately using 999 making sure they are aware of any current risk to a child or young person.
- Remove/lock away any sharps (inc. those contained in beauty products)/medication/knives/chemical example bleach or toxic liquids/ remove bath robe ties/ secure blind cords (be mindful of games console cables).
- For carer/parent to closely monitor/ supervise their child when they are in their care (consider open-door policy if felt necessary) even when child is at home in their bedroom/ spends time in another room, advise those also responsible for their care when away from home.
- For carer/parent and child to create a personalised safety plan, it can be helpful to include distraction strategies that can be accessed when they are feeling low or thoughts to seriously harm self or others – could include creative tasks, crafts, go for a walk, be outside in the fresh air, use of breathing exercises, gaming etc.
- For parent/ carers to support child by offering non-problem-focussed time together where he is seeking closeness or support
- Parent/carers being aware of any contributing factors around dysregulating and ways to reduce if known, possible triggers cognitive/sensory overload, increased pressure on child from home or at school for example.

## **Services and Resources**

### **Mobile phone APPS**

- **Blue Ice** – This app helps young people manage their emotions and reduce urges to self-harm - Cost Free
- **Calm Harm** – Reduces urges to self-harm and manage emotions in a more positive way – Cost Free
- **distrACT** – quick and discreet access to information and advice about self-harm and suicidal thoughts – Cost Free

### **Organisations**

- **Harmless** is a user led organisation who work to address and overcome issues related to self-harm and suicide including support and information to people who self-harm, their friends and families and professionals. Please visit their website at: [www.harmless.org.uk](http://www.harmless.org.uk)

- **LifeSIGNS** provide information about self-injury and while they will never tell anyone to 'stop', they can support people as and when they choose to make changes in their lives. Please visit their website at: [www.lifesigns.org.uk](http://www.lifesigns.org.uk)
- **NSHN** offers support to individuals who self-harm to reduce emotional distress and improve their quality of life. Please visit their website at: [www.nshn.co.uk](http://www.nshn.co.uk)
- **Alumina- aged 10-17 year olds-** project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. Please visit their website at: [www.selfharm.co.uk](http://www.selfharm.co.uk)
- **PAPYRUS-** [www.papyrus-uk.org](http://www.papyrus-uk.org) is the national charity dedicated to the prevention of young suicide. They provide confidential support and advice to young people aged under 35 who are struggling with thoughts of suicide, and anyone worried about a young person through our helpline, **HOPELINEUK. 0800 068 4141, 07860039967** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## Helplines

- **ChildLine-** 0800 1111 [www.childLine.org.uk](http://www.childLine.org.uk)
- **Samaritans** – Call or text 116 123 [jo@samaritans.org](mailto:jo@samaritans.org) 08457 90 90 90 [www.samaritans.org](http://www.samaritans.org)
- **SHOUT-** text SHOUT to 85258 for 24/7
- **Young Minds Parents' Helpline-** 0808 802 5544 or email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)