

Self Harm Awareness Campaign 2020 – Key Messages

- It is important to recognise that self-harm does not always mean that a child/young person has an underlying mental health problem and/or a need for services.
- Professionals/parents/carers should encourage children/young people to feel able to talk to people that they trust, without fear of judgement or condemnation.
- Steps should be taken to support the child/young person to try to communicate their feelings and experiences. Self-harm might be an expression of emotion that they cannot verbalise.
- It is suggested that adults/professionals familiarise themselves with the signs of self-harm and recommended strategies to open discussions with children/young people in a proportionate manner.
- It is recommended that adults familiarise themselves with coping mechanisms, so they can respond proportionately to a disclosure of self-harm. This could include supporting the young person with different appropriate coping strategies. These are covered in the sources of information and guidance signposted to below.
- Professionals/children/young people/parents and carers can access support, information, guidance and advice via the information links signposted to below.

Suggested Useful Resources:

LPFT – Young People

Coronavirus information resource hub:

- Signposting to local, national and online support services
- Looking after your emotional/mental health during Coronavirus and self-isolation
- Video resource
- Parent/Carer resources and information
- Self-isolation ideas/resources

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/coronavirus-informationresource-hub>

LPFT- Young People

Helping you to help yourself:

- Signposting to local, national and online support services
- What impacts on our emotional wellbeing
- Tips for looking after yourself (from young people themselves)
- Self-help

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>

Healthy Minds School's Toolkit

<https://www.lpft.nhs.uk/news-and-events/news/new-toolkit-supports-schools-managing-students-emotional-wellbeing>

LPFT Training Offer for Schools and Academies

<https://www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/healthy-minds-lincolnshire>

Kooth

Free, safe and anonymous online support services for young people. It also includes links to resources from the NSPCC.

<https://www.kooth.com/>

Young Minds

Support, information and guidance for young people, parents and professionals

<https://youngminds.org.uk/>

NHS

Further information and guidance can be found via the following National Health Service link:

<http://www.nshn.co.uk/downloads.html>

LSCP

LSCP multi-agency self-harm pathway can be accessed via

[Multi-Agency Self Harm Pathway Flowcharts](#)

Local contact details

Here for You Advice Line (CAMHS/Healthy Minds)

If you are unsure whether Healthy Minds Lincolnshire could help a young person you are supporting, call the Lincolnshire Here4You Line to speak to a Practitioner. Advice will be available to professionals, young people and parents by contacting the advice line on 01522 309120. This line is open Monday to Friday 9:30am-4:30pm. Click here for more information: <https://www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/healthy-minds-lincolnshire>

Professionals/Patients can also access the "Patient Advice and Liaison Service" (PAL) phone lines operating 9-5 Monday to Friday 01529 22265 or PALS@lpft.nhs.uk

Lincolnshire Children's Services, Customer Services Centre 01522 782111