School Response to Self Harm

If you suspect or become aware that a young person has self-harmed, follow the steps below:

I am concerned that a student has self-harmed

Ask the student where they would like to speak. **Explain** your concerns to them

A student has disclosed their own self-harm

Stay calm and **thank** the young person for trusting you.

A student is concerned about another student

Ask if they have or need additional **support** themselves

Does the young person who is self-harming require immediate medical care?

No

Have a **conversation** with the student to understand more about their self-harm

Yes

Follow your school's **first aid** guidelines. If the young person has taken an overdose, self-poisoned, is bleeding heavily, is unconscious or suicidal, call **999**

Listen

to the young person.
Reassure them they
are safe.

Acknowledge

feelings without judgement. share the limits to confidentiality.

Consider

if and how to inform parents. Consult the young person on this. **Encourage** them to keep talking to adults.

Takes notes, record incidents and decisions so that you can remember details clearly.

Inform the designating safeguarding/mental health/wellbeing lead.

Keep the young person **informed** of what is going on.

Regularly **check in** with the student.

Consider the young person's **peer group** and their need for support.

explore and discuss ongoing support.

Establish a link between the school, young person and support services.

Reflect and debrief with a colleague. Seek support and do not deal with things alone.