

Self-harm: Information for Parents and Carers

If you are concerned or know that your child is self-harming, there are a range of resources available to support you and your family.

Talking to your child about self-harm

Talking about self-harm with your child is important, but having the conversation is a daunting prospect for many parents. Visit www.sorts4schools.org.uk for **conversation starters and advice on how to provide a supportive response** for your child.

What is self-harm?

Self-harm is an **umbrella term** for many different behaviours that people may engage in with the intention to cause themselves harm. Self-harm **behaviours can vary between individuals and over time.**

Self cutting

Scratching

Overdose of medication

Self hitting

Burning

Swallowing objects

Recognising the signs of self-harm

Unexplained, big changes in your child's manner and behaviour may indicate that they are experiencing difficulties. These can be hard to spot, but there are warning signs associated with self-harm.

Significant **changes** in manner, behaviour or mood

Avoiding changing clothes, swimming or exercising around others

Wearing long **sleeves** even in warm weather

Excessive **self-blame**, expressing feelings of hopelessness, uselessness or failure

Lack of **interest** in previously enjoyed activities

Changes in **eating** and sleeping habits

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Contact a staff member at your child's school. They will help answer your questions and establish a plan for your child.

Talk to the School

Young Minds: Text "YM" to 85258
Shout: Text "SHOUT" to 85258
The Samaritans: Call 116123
Visit www.mind.org.uk

Talk to a charity

Find parent and carer support from a PLACE Network member at
Charlie Waller
<https://www.charliewaller.org/place-parent-support>

Charlie Waller PLACE Network

Stay Alive App
Calm Harm App
Alumina Support group
National Self Harm Network

Apps and support groups

If your child has seriously harmed themselves, or you feel that you are not able to keep them safe, call 999 or go straight to A&E.

Call 999

GPs can help your child access medical support and refer to expert psychiatric services.

Book a GP appointment