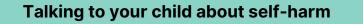
## **Self-harm: Information for Parents and Carers**

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 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.** 



## **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.

behaviour or exercising mood around others others hopelessness, enjoyed uselessness activities or failure
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**SORTS** Supportive Response To Self-harm



## **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.

Contact a staff member at your Young Minds: Text "YM" to 85258 child's school. They will help Shout: Text "SHOUT" to 85258 answer your questions and The Samaritans: Call 116123 establish a plan for your child. Visit www.mind.org.uk Talk to the School Talk to a charity Find parent and carer support from Stay Alive App Calm Harm App a PLACE Network member at Charlie Waller Alumina Support group National Self Harm Network https://www.charliewaller.org/plac e-parent-support Apps and support **Charlie Waller PLACE Network** groups If your child has seriously harmed GPs can help your child access themselves, or you feel that you medical support and refer to are not able to keep them safe, call expert psychiatric services. 999 or go straight to A&E. **Book a GP Call 999** appointment SORTS NIHR Supportive Response

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To Self-harm