



Resources for schools working with a child self-harming or showing risks of self- harming behaviour



Useful information and resource

Coastal West Sussex mind

E-Learning explaining the common reasons why a young person might self-harm and how to respond when you suspect somebody is self-harming <https://www.eventbrite.co.uk/e/e-learning-self-harm-tickets-59111935390>

Suicide prevention training

A free interactive programme to give you the skills and knowledge to keep family, friends, co-workers and others safe from suicide.

<https://www.eventbrite.co.uk/e/living-works-start-suicide-prevention-course-tickets-103312562656>

Mind Ed

Free online educational resource for children and young people's mental health

<https://www.minded.org.uk/>

Zero suicide alliance

Free 20 minuet suicide prevention training available online for all to help recognize the warning signs

<https://www.zerosuicidealliance.com/get-involved>

Self-harm lesson plan

This resource pack for teachers working with young people outlines lessons plans designed to give pupils a rounded view of self-harm and the support available

<https://www.selfinjurysupport.org.uk/faqs/lesson-plan-resource-pack>

Self-harm UK

SEN and Self-Harm E-Guide created by self-harm UK and youthscape

<https://www.selfharm.co.uk/get-information/the-facts/sen-and-self-harm>

School nursing advice line - The school

nurse advice line is available from 9am to 5:00pm, Monday to Friday (excluding bank holidays). Please call us on 0300 303 1137 or you can use the following emails

Horsham, Worthing & Adur – sc-tr.centralschoollnursing@nhs.net

Crawley and mid Sussex – sc-tr.eastschoollnursing@nhs.net

Arun & Chichester – Sc-tr.westschoollnursing@nhs.net

Community mental health liaison service

(CMHL) provides an early intervention and prevention service for professionals who are working with young people under the age of 18, and are concerned about a young person's mental health and wellbeing

<https://www.sussexpartnership.nhs.uk/west-sussex-cmhl-service>



When speaking to children and young people about self-harm

DO

Listen and care. This is the most important thing you can do. It might not seem much but showing that you want to know and understand can make a lot of difference. They may find it more helpful if you focus on their feelings and this shows that you understand that, at that time, self-harm works for them when nothing else can.

- **Accept mixed feelings.** They might hate their self-harm, even though they might need it. It helps if you accept all of these changing and conflicting feelings.
- **Help them find further support.** They may need help in addition to what you can give - you can support and encourage them in finding this.
- **Show concern for their injuries.** If the person shows you a fresh injury offer the appropriate help in the same way as if it was an accident. Don't overreact just because it is self-inflicted.
- **Voice any concerns you have.** Make sure you also listen to their feelings about what they want to happen. Work out together a way of taking care of their health and safety.
- **Recognise how hard it may be for them to talk to you.** It may take a lot of courage for them to discuss their self-harm and feelings and it may be difficult for them to put things into words. Gentle, patient encouragement can help.
- **Help them find alternatives to self-harm.**

Don't

Tell them off (e.g. this behaviour is wrong') or punish them in some way. This can make the person feel even worse, so could lead to more self-injury.

- Blame them for your shock and/or upset. You have a right to feel these things, but it will not help if you make them feel guilty about it.
- Jump in with assumptions about why they are self-harming. Different people have different reasons and it's best to let them tell you why they do it.
- Avoid talking about self-harm. It won't make it go away but will leave them feeling very alone.
- Try to force them to stop self-harming. Doing things like hiding razor blades or constantly watching them doesn't work and is likely to lead to harming in secret which can be more dangerous.
- Ask them to promise not to self-harm. This will not work but is likely to put a lot of emotional pressure and can set them up to feel guilty.
- Treat them as mad or incapable. This takes away their self-respect and ignores their capabilities and strengths.
- Panic and overreact. This can be very frightening for the person. It is better to try and stay calm and take time to discuss with

To download the managing self-harm guidance and tool kit for schools in West Sussex and other resources available for educational staff in relation to self-harm please go to:

<https://schools.westsussex.gov.uk/Services/4720>