

# MANAGING SELF-HARM

Resources for practitioners, parents and carers supporting children and young people



## SIGNS TO LOOK OUT FOR

Sadness or low mood

Feeling tired

Loss of motivation

Low confidence

Feeling irritable and grumpy

For general worries of self-harm, information, advice and early support.

### ONLINE/PHONE SUPPORT

#### Child and Adolescent Mental Health Service (CAMHS)

Support, signposting and links to resources for young people and parents.

[f isleofwightCCAMHS](https://www.isleofwightccamhs.org)

#### Childline

Freephone for young people 18 years old and under.

[☎ Freephone 24hr helpline 0800 1111](https://www.childline.gov.uk)

#### Harmless

Providing a range of services about self-harm including support and information.

[↗ harmless.org.uk](https://www.harmless.org.uk)

#### Isle of Wight Community Mental Health Support Hub

Local information, online resources, support and signposting for children, young people and adults, older people and carers.

[↗ iwmentalhealth.co.uk](https://www.iwmentalhealth.co.uk)

#### Mental Health Foundation

Helping people understand, protect and sustain their mental health.

[↗ mentalhealth.org.uk/publications/truth-about-self-harm](https://www.mentalhealth.org.uk/publications/truth-about-self-harm)

#### The Mix

Free information and support for under 25s in the UK.

[↗ themix.org.uk](https://www.themix.org.uk)

[☎ Freephone 0808 808 4994](https://www.themix.org.uk)  
Daily 1pm to 11pm

#### National Self-harm Network

[↗ talkofftherecord.org/need-help-now/national-self-harm-network](https://www.talkofftherecord.org/need-help-now/national-self-harm-network)

#### Self-Harm UK

Dedicated to self-harm recovery, insight and support.

[↗ selfharm.co.uk](https://www.selfharm.co.uk)

#### Wessex Healthier Together

Helping children access the right care at the right time from the right person.

[↗ what0-18.nhs.uk](https://www.what0-18.nhs.uk)

Isolating from peers and school

Feeling worthless

Not able to relax

Thoughts of self-harm/  
is self-harming

In addition to the blue list, you can get help and support from the following:

### ONLINE/PHONE SUPPORT

#### Samaritans

Always someone there for anyone who needs someone.

[↗ samaritans.org/how-we-can-help/schools/](https://www.samaritans.org/how-we-can-help/schools/)

### APPS

#### Calm Harm

Supports managing urges to self-harm.

[↗ nhs.uk/apps-library/calm-harm](https://www.nhs.uk/apps-library/calm-harm)

#### Headspace

Mediation, sleep and mindfulness app for young people and adults.

[↗ headspace.com](https://www.headspace.com)

#### In Hand

Promotes awareness of mental well-being and could support in a moment of anxiety, stress or low mood.

[↗ inhand.org.uk](https://www.inhand.org.uk)

#### Isle of Wight Safeguarding Children Partnership (IOWSCP)

Information for children, parents and carers and practitioners who work with children and families.

[☎ 01983 814545](https://www.iowscp.org.uk)

[↗ iowscp.org.uk](https://www.iowscp.org.uk)

#### NHS Mental Health Apps

NHS endorsed apps to support children and young people's mental health.

[↗ nhs.uk/apps-library/category/mental-health](https://www.nhs.uk/apps-library/category/mental-health)

### DIRECT SUPPORT

#### 0-19 Public Health Nursing Service

Text messaging and phone service for young people with worries and concerns about their health and well-being.

[☎ 07341 868124](https://www.0-19phn.nhs.uk) Monday to Friday  
8.30am to 4.30pm

#### Barnardo's

Counselling service.

[↗ barnardos.org.uk/what-we-do/services/talk-2-service](https://www.barnardos.org.uk/what-we-do/services/talk-2-service)

Significant change in coping with day-to-day life

Increased risk of self-harm/or thoughts of harming others

Suicidal thoughts, with plan and intention

For more urgent help see the following organisations and support.

In line with COVID-19 guidance, if you have any immediate concerns, for example, overdose, call 999

### ONLINE/PHONE SUPPORT

#### Child and Adolescent Mental Health Service (CAMHS)

If you are unsure whether a case is urgent, telephone the clinic to discuss with a clinician.

[☎ 01983 523602](https://www.isleofwightccamhs.org)

Monday to Friday 9am to 5pm

[↗ sussexpartnership.nhs.uk/CAMHS-referral](https://www.sussexpartnership.nhs.uk/CAMHS-referral)

Single point of access and referral.

[☎ 0300 304 0050](https://www.03003040050.nhs.uk) 5pm to 9am  
and weekends

#### Pan-Hampshire and IW Self-harm Pathway

This pathway relates to all children under 18 years who present with self-harm behaviour. For non-health professionals.

[↗ southamptonlscb.co.uk/wp-content/uploads/2019/06/FINAL-HIPS-self-harm-pathway-May-2019-1.pdf](https://www.southamptonlscb.co.uk/wp-content/uploads/2019/06/FINAL-HIPS-self-harm-pathway-May-2019-1.pdf)

#### Papyrus (Prevention of Young Suicide)


Confidential advice and support for young people who feel suicidal.

[↗ papyrus-uk.org](https://www.papyrus-uk.org)

## APPS

### Think Ninja by Healios


App to educate 10 to 18 year olds about mental health, emotional wellbeing.

 [healios.org.uk/services/thinkninja](https://healios.org.uk/services/thinkninja)

## DIRECT SUPPORT

### 0-19 Public Health Nursing Service

For children, young people and families.


 01983 821388 Monday to Friday  
8.30am to 4.30pm

### GP

Ask your doctor for help.

### Hampshire and IW Educational Psychology (HIEP)

For ages 0 to 25 years. Referral via school.


 [hants.gov.uk/educationandlearning/educationalpsychology/aboutus](https://hants.gov.uk/educationandlearning/educationalpsychology/aboutus)

### School

Emotional Literacy Support Assistants (ELSAs) and/or student/pastoral support teams.

### Solent Mind

Affiliated to Mind, mental health charity.

 [solentmind.org.uk/our-services](https://solentmind.org.uk/our-services)

### Youth Trust

Counselling and youth mental health services for children and young people.

 [iowyouthtrust.co.uk](https://iowyouthtrust.co.uk)


## PARENT/CARER SUPPORT


### Barnardo's


Advice, support and services for young people 0 to 19 years old, plus family and parenting programmes.

 [barnardos.org.uk/what-we-do/services](https://barnardos.org.uk/what-we-do/services)

 [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)


 East Newport Hub 01983 529208

 Sandown Hub 01983 408718

 Ryde Hub 01983 617617


### Every Mind Matters

Expert advice and practical tips for mental health and wellbeing.

 [nhs.uk/oneyou/every-mind-matters](https://nhs.uk/oneyou/every-mind-matters)


### Harmless

Providing a range of services about self-harm including support and information.

 [harmless.org.uk/WhoWeSupport/FamilyAndFriends](https://harmless.org.uk/WhoWeSupport/FamilyAndFriends)


### Isorropia Foundation


Not-for-profit community wellbeing and mental health support service for adults.

 [isorropia.uk](https://isorropia.uk)

### Young Minds

Parents' helpline.


 [youngminds.org.uk](https://youngminds.org.uk)

 Freephone: 0808 802 5544

Monday to Friday 9.30am to 4pm

## Child and Adolescent Mental Health Service (CAMHS)

Single point of access and referral.

 01983 523602


Monday to Friday 9am to 5pm

### GP

Ask your doctor for help.

### Isle of Wight & Hampshire Crisis Line

Help, advice and support for those aged 11 to 17, with difficulties with mental health.

 Freephone 0300 303 1590

Monday to Thursday 3pm to 8.30pm

### NHS 111

Mental health support for young people.


 111


### School

Student and/or pastoral support teams.

### Space 4 U 'Safe Haven'


Emotional crisis support service for young people aged 11 to 17 (up to 18 with additional needs).


 07741 665182 Monday 5pm to 8pm, Wednesday 5pm to 8pm, Thursday 5pm to 8pm and Saturday 10am to 1.30pm

 07741 665182 web chat service Monday, Tuesday, Thursday and Friday 10.30am to 1pm and Wednesday 1.30pm to 5pm

### Youth Trust

Make a referral to HarmLess, eight-week group therapy programme for young people aged 11 to 12 who are self-harming.

 01983 529 569

 [info@iowyouthtrust.co.uk](mailto:info@iowyouthtrust.co.uk)

## PARENT/CARER SUPPORT


### Barnardo's

Advice, guidance and support via a qualified counsellor therapist to parent and/or carer who is concerned for any child/ren who are self-harming.

 [emma.meek@barnardos.org.uk](mailto:emma.meek@barnardos.org.uk)


### MindEd

Free educational resource on children and young people's mental health for adults.

 [minded.org.uk](https://minded.org.uk)


### Royal College of Psychiatrists


The reasons behind why people self-harm; advice about what to do to help.

 [rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/self-harm-in-young-people-for-parents-and-carers](https://rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/self-harm-in-young-people-for-parents-and-carers)

### Youth Trust

Mental health awareness training for parents.

 [iowyouthtrust.co.uk](https://iowyouthtrust.co.uk)

 01983 529 569