

# Managing Self-Harm – Resources for Education Staff and Parents Supporting

Children and young people on the Isle of Wight [July 2024]



## INFORMATION, ADVICE & SUPPORT

General worries/thoughts of self-harm

### Websites and helplines:

- **IOW Community Mental Health Support Hub** ([iwmentalhealth.co.uk](http://iwmentalhealth.co.uk))
- **Kooth** ([www.kooth.com](http://www.kooth.com))
- **Self Harm** ([www.selfharm.co.uk](http://www.selfharm.co.uk)) for 10 -17yr olds
- **Childline** ([www.childline.org.uk](http://www.childline.org.uk)) Free 24/7 helpline: 0800 1111
- **Young Minds** ([www.youngminds.org.uk](http://www.youngminds.org.uk))
- **Harmless** ([www.harmless.org.uk](http://www.harmless.org.uk))
- **Healthier Together** ([what0-18.nhs.uk](http://what0-18.nhs.uk))
- **Samaritans** ([www.samaritans.org](http://www.samaritans.org)) Call 116 123 free
- **The Mix** ([www.themix.org.uk](http://www.themix.org.uk)) for under 25yr olds
  - Crisis messenger 24/7 text: THEMIX to 85258
  - Freephone: 0808 808 4994 (daily 13:00-23:00)
- **Mental Health Foundation** ([www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm](http://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm))

### Direct Support:

- **GP**
- **School Emotional Literacy Support Assistants (ELSAs),** Pastoral Support
- **Public Health School Nursing** ([www.solent.nhs.uk](http://www.solent.nhs.uk))
- **Counselling** ([www.iwmentalhealth.co.uk](http://www.iwmentalhealth.co.uk))
- **IOW Youth Trust** ([iowyouthtrust.co.uk](http://iowyouthtrust.co.uk)) Call 01983 529569
- **Child and Adolescent Mental Health Service IOW (CAMHS)**
- **Hampshire & IOW Educational Psychology (HIEP)** ([www.hants.gov.uk/educationandlearning/educationalpsychology](http://www.hants.gov.uk/educationandlearning/educationalpsychology)) referral via school, for 0-25yrs old

### Parent/Carer / Professionals Support:

- **Solent Mind Self Harm Support Hub** ([www.selfharmsupporthubhants.org.uk](http://www.selfharmsupporthubhants.org.uk))
- **Young Minds Chat service** Mon – Fri 9:30 – 4:00 <https://www.youngminds.org.uk/parent/parents-helpline/#Chattouonline>
- **Harmless** ([www.harmless.org.uk](http://www.harmless.org.uk))
- **IOW Family Hubs** ([www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk))
- **Parent's Voice IOW** ([iow.gov.uk](http://iow.gov.uk))
- **Every Mind Matters** ([www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/))
- **IOW Community Mental Health Support Hub** ([iwmentalhealth.co.uk](http://iwmentalhealth.co.uk))

## GETTING HELP

Superficial cuts, increased thoughts of self-harm in addition to those listed in the green box consider:

### Website & helplines:

- **Charlie Waller Memorial Trust** ([www.charliewaller.org](http://www.charliewaller.org))
- **Samaritans in Schools** ([www.samaritans.org/how-we-can-help](http://www.samaritans.org/how-we-can-help))

### Apps:

- **Mental health and self help apps**
- **Healios**
- **Calm Harm**
- **Headspace**
- **In Hand**
- **Stay Alive**

### Direct Support:

- **Student/Pastoral Support Teams**
- **Mental Health Support Teams (MHST)** (location specific)
- **Counselling - Youth Trust** ([www.iowyouthtrust.co.uk](http://www.iowyouthtrust.co.uk))
- **Child and Adolescent Mental Health Service IOW (CAMHS)** Call 01983 523602
- **GP**
- **Public Health School Nursing** ([www.solent.nhs.uk](http://www.solent.nhs.uk))
- **NHS 111** phone support
- **No Limits Space 4U** ([www.nolimitshelp.org.uk - Space-4U-leaflet](http://www.nolimitshelp.org.uk - Space-4U-leaflet)) Call: 07741 665 182 / 023 8022 4224

### Parent/Carer Support:

- **See:** <https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/isle-wight-community-mental-health-support-hub>
- **Parents Voice** ([www.iow.gov.uk](http://www.iow.gov.uk))
- **NHS Talking Therapies** <https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/Talking-therapies/nhs-talking-therapies-isle-wight>
- **MindEd** ([www.minded.org.uk](http://www.minded.org.uk))

## GETTING MORE HELP

Thoughts, intent and plan regarding suicidal thoughts. Any immediate concerns i.e. overdose go to A&E for medical treatment

- **Call 999 / 111**
- **Papyrus:** confidential advice and support for young people who feel suicidal and support for parents/people concerned about a young person aged 35yrs and under [www.papyrus-uk.org](http://www.papyrus-uk.org)
- **Stay Alive App**
- **HIPS Policies and Procedures website:** For more information regarding procedures and guidance, 3.9 Self-harm and Suicidal Behaviour [www.hipsprocedures.org.uk](http://www.hipsprocedures.org.uk)
- **To report safeguarding concerns about children and young people call 01983 282353/ 0300 300 0117** [www.iow.gov.uk - Report a concern](http://www.iow.gov.uk - Report a concern)

## WHAT TO LOOK OUT FOR

Sadness or low mood  
Feeling tired  
Loss of motivation  
Low confidence  
Feeling irritable and grumpy

Isolating from peers and school  
Feeling worthless  
Not able to relax  
Thoughts of self-harm/is self-harming

Significant impact upon an individual's functioning  
Increased risk of self-harm/or thoughts of harming others  
Suicidal ideation with plan and intent