

Referrals

If you feel your child requires more specialist support, please complete a referral into the appropriate service. If you are unsure, contact Just One Norfolk on 0300 300 0123.

- **Point 1 (mild to moderate)**
You can access the referral form [here](#).
Once completed, send to point1@ormistonfamilies.org.uk
Call 0800 977 4077 for further support
- **NSFT CAMHS (moderate to severe)**
For Central and West Norfolk, call 0300 790 0371
For East Norfolk, Great Yarmouth & Waveney, call 0300 123 1882

Signposting

There are a range of services available to support children and young people with anxiety across Norfolk & Waveney, and nationally.

JUST ONE NORFOLK – www.justonenorfolk.nhs.uk

Following consent from the family, you can call to discuss support for a child or make a referral. You can also visit their website where they have further advice and guidance around supporting self harm. This can also be a good place to sign post parents to. Call 0300 300 0123.

YOUNG MINDS – youngminds.org.uk

A website that offers information on all types of mental health conditions but has a specific area around self harm. They also offer a crisis text messenger service and a parent helpline.

THINK NINJA – www.healios.org.uk/services/thinkninja

An app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

MENTALLY HEALTHY SCHOOLS

They have numerous helpful documents in their resources section regarding self-harm. www.mentallyhealthyschools.org.uk

CHARLIE WALLER MEMORIAL TRUST

This organisation has helpful documents that can be downloaded for parents and carers, school staff and young people around managing self-harm. www.charliewaller.org/resources



Supporting Self Harm

GUIDANCE FOR MENTAL HEALTH CHAMPIONS WORKING IN PRIMARY SCHOOLS

What is Self Harm?

Self-harm is when somebody intentionally damages or injures their body. It is a way of expressing deep emotional feelings such as low self-esteem, or a way of coping with traumatic events, such as the death of a loved one.

Signs and Symptoms

- Head banging
- Hair pulling
- Small shallow cuts
- Deliberate self-grazing or scratching
- Unexplained bruises, cuts, burns or bite-marks on their body, blood stains on clothing, or finding tissues with blood
- Becoming withdrawn and spending a lot of time alone
- Low self-esteem or blaming themselves for things
- Outbursts of anger or irritability
- Risky or challenging behaviours

Source: NSPCC – Why do children and Teenagers Self-Harm?

Why Do People Self-Harm

- To express feelings they are feeling inside that they may not be able to express verbally
- To feel in control of their body, relieve guilt or to punish themselves
- Distract themselves from overwhelming emotions

People who self-harm don't usually want to die. They may self-harm to deal with difficulties they face in life, rather than a way of trying to end it, but self-harm can increase your risk of suicide. They may unintentionally end their life. It is always important to ask whether someone is having suicidal thoughts for safeguarding purposes.

Source: Rethink. Mental Illness

It is unusual, but not unheard of, for children of primary age to engage in self-harm, however it is also easy for it to be missed or misdiagnosed in this age group. If a primary school child is found to be self-harming, this is often a sign that there are difficulties in that child's environment. Therefore, it is very important to discuss your concerns with the child's family and follow your school's safeguarding procedures.

What Could You Put into Place ?

Try not to focus on the self harm or trying to get the child to talk in the first instance

Focus on things the child is good at to boost their self esteem and sense of belonging

Establish and promote friendships
Promote positive encouragement if they show a safer way to express their feelings

School can be the only place a child feels safe so remember to continue routine, boundaries and positive behaviour strategies

Consider any stress within the school environment that can be changed, such as support with learning or bullying.

It can really help to have a discussion with the family so that there is consistency between home and school

What to Do?

Self-harm can help the young person to cope with difficult feelings. They may have no other strategies to cope with whatever they are finding difficult. They may not be able to stop self-harming straight away so it can be helpful to offer safe alternatives. What might work for one child may not work for another. Although it can be useful to try a variety of approaches, some strategies may not seem effective on the first try, but with time may prove to be useful.

Soothing/ Relaxation Techniques

- Having a bath
- Going for a walk
- Mindfulness
- Engage in a skin care routine
- Wrap themselves in a blanket or layer up in hoodies
- Have one of their favourite foods and a hot drink
- Go to a safe place
- Play with playdough
- Talk with a friend

Distraction Techniques

- Create something - draw, paint, write
- Cooking or baking a new recipe
- Make a playlist of songs
- Make a to do list for your day or week
- Eat a sour sweet
- Stroking a pet
- Make a plan of all the things they wish to do and achieve
- Watching TV or a film

Releasing Emotions

- Clenching an ice cube in their hand until it melts
- Snapping an elastic band against their wrist
- Drawing on the skin with a red pen
- Doing some sports or physical exercise
- Hitting a pillow
- Listening or creating loud music
- Play with a stress toy
- Scream and shout

Physical Injury

If you notice a child's injuries, try to keep calm and follow your first aid guidelines. If you have immediate concerns about the effect of an overdose, or serious physical injuries are present, emergency services should be called. If an overdose is suspected, the student will need to be taken to hospital straight away for tests and possible treatment. Always ask the student if they are in pain - they may have needed to feel physical pain at the point of self-harm but this doesn't mean they want to feel pain afterwards. Follow your safeguarding procedures with regards to informing parents and caregivers.

Check-In and Monitor

Check in and monitor progress by observing the impact of any strategies you are trying. Have regular meetings with the child and encourage them to inform someone at home who can support them. You must also always remember confidentiality and safeguarding. **Never promise a student that you won't tell anyone.** In addition, make sure to follow your schools policy on self-harm.