

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.

isleofwightCCAMHS

Childline

Freephone for young people 18 years old and under.

Freephone 24hr helpline 0800 1111

Harmless

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

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

Mental Health Foundation

Helping people understand, protect and sustain their mental health.

mentalhealth.org.uk/publications/truth-about-self-harm

The Mix

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

themix.org.uk

Freephone 0808 808 4994
Daily 1pm to 11pm

National Self-harm Network

talkofftherecord.org/need-help-now/national-self-harm-network

Self-Harm UK

Dedicated to self-harm recovery, insight and support.

selfharm.co.uk

Wessex Healthier Together

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

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/

APPS

Calm Harm

Supports managing urges to self-harm.

nhs.uk/apps-library/calm-harm

Headspace

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

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

Isle of Wight Safeguarding Children Partnership (IOWSCP)

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

01983 814545

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

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 Monday to Friday
8.30am to 4.30pm

Barnardo's

Counselling service.

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

Monday to Friday 9am to 5pm

sussexpartnership.nhs.uk/CAMHS-referral

Single point of access and referral.

0300 304 0050 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

Papyrus (Prevention of Young Suicide)

Confidential advice and support for young people who feel suicidal.

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

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

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

Youth Trust

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

📍 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

✉ 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

Harmless

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

📍 harmless.org.uk/WhoWeSupport/FamilyAndFriends

Isorropia Foundation

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

📍 isorropia.uk

Young Minds

Parents' helpline.

📍 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

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

MindEd

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

📍 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

Youth Trust

Mental health awareness training for parents.

📍 iowyouthtrust.co.uk

☎ 01983 529 569