

**Supporting Children and Young People who Hurt or Harm themselves**

**Signs and symptoms to look out for:**

**Have they…?**

* Got unexplained bruises, sores, cuts or burns
* Become withdrawn
* Experienced a change in behaviour
* Shown signs of low mood, depression, worry or anger
* Expressed self-blaming feelings of failure, hopelessness, or says they are useless
* Avoided swimming or changing clothes around others

**As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.**

**You can suggest the following tips and useful resources:**

* [How do I tell someone I self-harm?](https://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm/)
* Make a [self-harm action plan](http://www.openmindscalderdale.org.uk/wp-content/uploads/2020/08/Self-Harm-Action-Plan-2.docx).
* Try [distraction techniques](http://www.openmindscalderdale.org.uk/wp-content/uploads/2020/08/Self-Harm-Distraction-Techniques-2.docx) to help you divert the habit.
* Suggested [coping techniques](https://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques/) by ChildLine
* [A leaflet for young people on self-harm](https://youngminds.org.uk/media/1211/no_harm_done_young_peoples_pack.pdf)
* [Five Finger Breathing,](https://www.youtube.com/watch?v=HQVZgpyVQ78) a simple guided breathing exercise.

**It’s important to encourage children and young people to speak to a professional who can also help (e.g. a GP, counsellor, or helpline). Here is a list of local support services for children and young people:**

[Open Minds (CAMHS)](https://openmindscamhs.org.uk/) offer specialist mental health support for children and young people.

* **Age range**: 5-18 years
* **Referral process:** [online referral form](https://openmindscamhs.org.uk/how-to-refer/)
* **Contact details:** 01422 300 001
* **Opening times:** Monday – Friday 9am – 4.30pm (open until 6pm on Tuesdays & Wednesdays in term time)

[Noah’s Ark Centre](http://www.noahsarkcentre.org.uk/therapy-young.html)offers counselling/psychotherapy to young people and therapeutic play to children aged 5-11.

* **Age range:** 5-21 years
* **Contact details:** 01422 300457 to find out more and make a referral

[Kooth](https://kooth.com/) is a free, safe, anonymous online counselling and support service. Young people can access Kooth’s counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

* **Age range**: 10-25 years
* **Referral process:** self-referral
* **Opening times:** until 10pm every evening, 365 days a year

[**The BREW Project delivered by Invictus Wellbeing**](https://www.invictuswellbeing.com/) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

* **Age range**: 5-17 years
* **Referral process:** [online referral form](https://www.invictuswellbeing.com/brewproject)
* **Opening times**: Monday to Friday, 9am-5pm (referrals only)
* **Contact details:** 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

[Time Out delivered by Healthy Minds](http://www.timeoutcalderdale.co.uk/) helps children and young people ‘find their thing’, through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a **Listening Line** which provides support and advice for students. **Text 07418 311736**. They offer three sessions with a project worker to talk through worries.

* **Age range:** 10-19 years
* **Referral process:** self-referral
* **Contact details:**01422 345154 or [timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk)

[Barnardo’s Positive Identities Service](https://www.barnardos.org.uk/what-we-do/services/positive-identities-healthy-identities-project) provide direct support to LGBTQ children and young people around their gender and sexual identities. They also work with parents/carers and families.

* **Age range:** 8-21 years
* **Contact details:** [positive.identities@barnardos.org.uk](mailto:positive.identities@barnardos.org.uk) to find out more and make a referral

**Advice for parents and carers:**

[Is your child harming or hurting themselves](http://www.openmindscalderdale.org.uk/wp-content/uploads/2021/04/Self-harm-leaflet-1.pdf)? This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

**Free training offer for staff and students:**

* Training workshops are available for school staff around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)
* Training workshops are available for students around EHWB. This is delivered by Healthy Minds, Time Out [Tara@healthymindscalderdale.co.uk](mailto:Tara@healthymindscalderdale.co.uk)
* Training workshops are available for the wider workforce around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)