

SAFE from harm

Guidance to help manage self-harm and increase safety in the home

Reduce isolation

- encourage spending time with family and friends
- make plans of things to look forward to

Minimise harm

- have a first aid kit in the home
- keep an eye out for any changes in mood or behaviour
- think about different ways of coping with upset



Communication

- provide opportunities to talk
- think of other ways you can communicate other than talking

Safe storage

- keep all medicines, cleaning products and other harmful fluids locked away
- keep garages and sheds locked

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Reduce Isolation, Minimise Harm, Communication, Safe Storage

Reduce Isolation

This is about helping the son/daughter feel connected to other people by encouraging them to be involved with family, friends, school and others.

Make plans to do something together on a regular basis.

Encourage and support involvement in education, activities, clubs, hobbies and comfort from pets.

Have regular time together to talk each day i.e. eating together as a family.

Have plans to look forward to with friends and family and remind the son/daughter of these i.e. Creating a positive calendar.

Encourage spending time out of their bedroom.

Give information of support services available i.e. www.thesite.org, www.nspcc.org.uk, ChildLine 0800 11 11, Kooth.com, Child and Adolescent Mental health Service (CAMHS).

Communication

This is about providing more opportunities for the son/daughter to talk.

Show that it's ok to talk, listen to them and always give them time.

Take them seriously and help them to solve any problems they may have.

Ask if there is anything you can do to help.

Be creative with communication to make it easier i.e. use notes, texts, drawings or symbols.

A good example: If the son/daughter is distressed but feels unable to talk about this, using a 'code word' to alert you to their upset can be easier for them.

Don't forget Kooth.com are available for young people to talk on-line about their thoughts and feelings with a qualified counsellor until 10pm daily.

Comfort them and remember to praise, it really does make a positive difference.

Accept and acknowledge.

Minimise Harm

This is about maximising safety around self-harm when stopping may not be possible.

Remember there is no safe way to overdose / self-poison (medication/chemical/fluids).

Think about different ways to cope with upset. Check out www.nshn.co.uk for lots of distractions that can help.

Increase monitoring/supervision if you have raised concerns about your son/daughters self-harm.

Know where medical support can be accessed i.e. School Nurse, First Aider, GP, NHS 111, NHS Walk-In Centre and Children's Emergency Department.

Have a first aid kit in the home with anti-septic wipes, anti-allergic plasters and bandages.

Keep all wounds clean and looked after.

Take steps to increase internet safety.

Keep an eye out for any changes in mood or behaviour.

If you are worried about the immediate safety of your son/daughter (ie. They have disclosed they want to take their life or you find evidence that they intend to take their life) please take them to Children's Emergency Department

Safe Storage

This is about reducing the chance of easy access to substances which could lead to overdose or self-poising.

Keep all medicines, cleaning products and other harmful fluids locked away.

Only keep small amounts of medicines in the home.

Discuss the safe storage of other items used for self-harm with a professional i.e. CAMHS Practitioner or Health Worker.

Remember we keep lots of things in our garages and sheds. Keep these places locked and secure.

Young people can be creative in ways that they can harm themselves, things such as cords can cause serious harm, so think carefully about what you need to store safely.