

Professionals' response to deliberate self harm



What is it?

This is a guide to the identification and management of deliberate self-harm in children and young people in Bolton to facilitate an efficient and timely response to self-harm in young people.

What does the law say about it?

The law says that information should be shared with “**an appropriate person**”, if necessary to safeguard young people. Professionals will need to make best interest decisions regarding their duty of care to the young person. It is standard practice in all Child and Adolescent Mental Health Services (CAMHS) to advise young people at first point of contact that their right to confidentiality is not absolute and information will be shared with appropriate others if necessary to keep the young person or others safe. Most schools have policies regarding the disclosure of self-harm to parents.

What do we have in Bolton?

Child and Adolescent Mental Health Service (CAMHS) have provided training sessions to schools and school nurses in order to enhance initial identification and management of self-harm and to provide guidance around seeking further advice or onward referral.

What should practitioners do?

If the young person needs medical attention following an episode of self-harm they should be taken to the nearest Accident and Emergency Department as soon as possible for assessment and intervention. Examples of such self-harm includes the deliberate ingestion of any dangerous substances, the deliberate over ingestion of any prescribed or non-prescribed medication, any hanging attempts or any deliberate laceration which requires medical treatment.

Key contacts...

CAMHS Tel: **01204 390659**. State that you are calling for an on call issue.

For general referral advice for those who have referring rights to CAMHS please review CAMHS' website and call the consultation line at the appropriate time.

For more information...

See CAMHS' website:
www.gmmh.nhs.uk/bolton-camhs

For general information about mental health and self-harm visit: www.minded.org.uk

For general information about prevention of child suicide visit: www.papyrus-uk.org

All the local info I need is just a **click away!**



www.mylifeinbolton.org.uk

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