## Worried your child may be self harming?

My child has a really big cut on their arm, the bleeding has stopped but I think they might need stitches OR my child has disclosed active suicidal plans with intent. What should I do immediately?

- Take your child to A&E
- If your child refuses to go, call 111
- Self-harm first aid



I have noticed my child's cutting is getting worse, there are lots of fresh wounds OR they have disclosed suicidal thoughts. What should I do?

- Talk to them and listen
- Suggest seeking help, make contact with the GP and ask for a referral to Child and Adolescent Mental Health Services (CAMHS)
- If your child is reluctant to attend a GP appointment, make an appointment vourself
- support services refer to care plan (if from list of self-harm alternatives
- Try suggesting some of the <u>alternatives</u> to self harm strategies
- Call 111 or crisis numbers:
  - Berkshire 0300 365 1234
  - Buckinghamshire 01865 901 000

  - Surrey 0800 915 4644

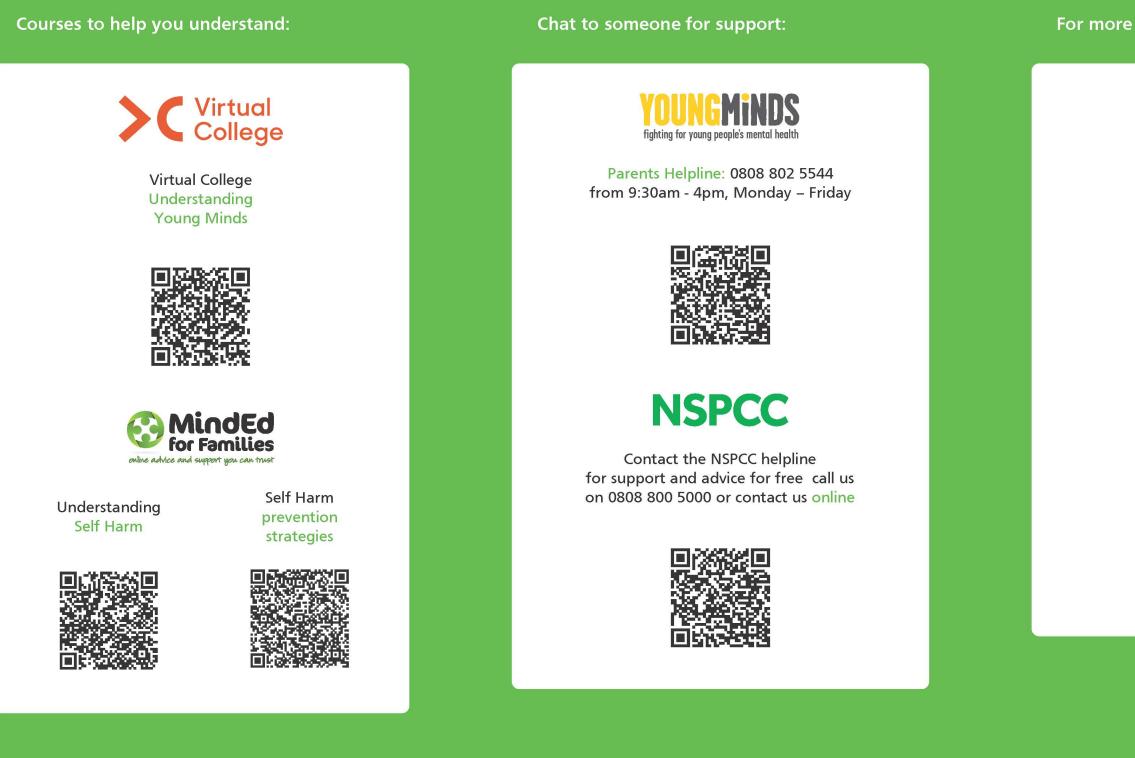
What should I do?

- Say you have noticed the marks and simply ask your child how they are feeling? Would they like to talk?
- Don't force them to talk about it, but be available when they do
- Offer online information, this will show your child you care and are willing to support
- Don't be surprised if your child appears defensive – this is a normal reaction

## I have noticed marks on my child's arms and I think they are hurting themselves.

• Would they like a GP appointment?

## There are a range of services that can support parents to manage their children and family unit when you have children that self harm



## For more information:



Visit Frimley Healthier Together - Mental Health Local Resources



and Frimley Healthier Together - Self Harm



