

# 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 yourself
- If already involved with CAMHS or support services refer to care plan (if they have one) or remind the child about the strategies, they have learnt from list of self-harm alternatives
- Try suggesting some of the alternatives to self harm strategies
- Call 111 or crisis numbers:
  - Berkshire - 0300 365 1234
  - Buckinghamshire - 01865 901 000
  - Hampshire - 111
  - Surrey - 0800 915 4644

I have noticed marks on my child's arms and I think they are hurting themselves. What should I do?

- Say you have noticed the marks and simply ask your child how they are feeling? Would they like to talk?
- Would they like a GP appointment?
- 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

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

## Courses to help you understand:



Virtual College  
Understanding  
Young Minds



Understanding  
Self Harm



Self Harm  
prevention  
strategies



## Chat to someone for support:



Parents Helpline: 0808 802 5544  
from 9:30am - 4pm, Monday – Friday



Contact the NSPCC helpline  
for support and advice for free call us  
on 0808 800 5000 or contact us [online](#)



## For more information:



Visit Frimley Healthier  
Together - [Mental Health](#)  
[Local Resources](#)



and Frimley Healthier  
Together - [Self Harm](#)

