

# Worried about a child who may be self harming?

There are a range of resources to support you to manage children and young people who may be self-harming

Self-harm is any act of intentional self-injury or self-poisoning. Examples include:

- Self-cutting
- Taking an overdose
- Swallowing objects or poisons
- Hitting or bruising
- Self-strangulation with ligatures
- Burning

Has a child taken an overdose OR has an injury that needs medical attention OR has active suicidal plans with intent?

- ACTION - Call 999/send to A&E

Has a child disclosed to you they have self-harmed but it can be treated with first aid/OR not in immediate danger OR disclosed suicidal thoughts?

- ACTION - Call 111 or crisis numbers:
  - Berkshire - 0300 365 1234
  - Buckinghamshire - 01865 901 000
  - Hampshire - 111
  - Surrey - 0800 915 4644

Online learning to spot the signs of early intervention into self-harm and how to speak to children and parents

## Training is available from:

MindEd suicide and self harm prevention, skills for schools  
[Elearning courses](#)



Berkshire training for professionals: Psychological perspectives in education and primary care (PPEPCare)



## Resources:

**keoth**  
Overview Video



**YOUNGmINDS**  
fighting for young people's mental health  
No Harm Done Professionals Pack



  
Healthier Together

Mental Health Local Resources



Self Harm

