**Halton Children & Young People Mental Health Service (CYPMHS)**

**RISK MANAGEMENT ADVICE**

How can parents help?

As a parent, it's really hard to cope with a child/young person with self-harming behaviour or who attempts suicide. It's natural to feel angry, frightened or guilty. It may also be difficult to take it seriously or know what to do for the best. Try to keep calm and caring, even if you feel cross or frightened; this will help your child/young person know you can manage their distress and they can come to you for help and support.

Encourage them to talk about their worries and take them seriously. Show them you care by listening, offer sympathy and understanding, and help them to solve any problems.

* Try to maintain daily routine/structure and a healthy diet regular meals/exercise as appropriate.
* Plan positive things to look forward too.
* Aim to reduce social isolation and encourage social inclusion especially when the young person is upset. Often when alone this is when individuals can ruminate on negative thoughts about themselves/situations and may need help to reflect on more alternative balanced thoughts.
* Aim to replace historical self-harming behaviours with more positive coping strategies.
* Start to try alternative coping strategies suggested e.g. talk seek help from others friends or family, try distraction, relaxation, self-soothing techniques, do something positive they enjoy, etc.
* Consider using a code word to let family/friends know need support even if young person does not want to talk about problems.
* Consider utilising support from school/college/other services involved.
* Try accessing Kooth.com – review if online support can help.
* Reduce access to sharps, harmful substances, ligature materials, and, lock away medications in secure box.
* Increase supervision when young person is low in mood/ had bad news/in conflict with others - even if they are reporting they are fine as these are the times young people are often more likely to harm themselves.
* If the young person feels unable to keep themselves safe seek help from family - if family feel unable to keep them safe seek CAMHS help (see contact details below.
* If the young person goes missing contact the Police and inform them of risk concerns
* Share risk management concerns/plan with close family members/friends who young person spending time with.
* Consider reviewing support from wider services who may be involved.
* Access additional advice via **http://www.cscb-new.co.uk/wp-content/uploads/2015/12/coping-with-self-harm-guide2.pdf**
* If a young person has injured themselves, you can help practically by checking to see if injuries (cuts or burns for example) need hospital treatment and if not, by providing them with clean dressings to cover their wounds. If un-prescribed medications are taken by the young person escort them to A&E for review ASAP.

**If you feel there is a significant and immediate risk of harm to your child, yourself or anyone else due to mental health factors then attend your local A & E department or call 999.**

**Brief telephone support is available from CYPMHS Duty Clinicians -**

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| **Halton CYPMHS****9am – 5pm, Monday to Friday**(Excluding Bank Holidays)Telephone: **01928 568162** | **CYPMHS Response Team****9am – 9pm on weekdays and weekends (for urgent phone advice)**Telephone: **01744 627618** |
| **Access face-to-face advice via -**  |
| **CYPMHS Response Team Crisis Drop-ins (pilot)**Every Thursday 4.30pm-6.00pmSorry, not currently available (as of 4 March 2019)Birch Unit, Peasley Cross Site, Marshall’s Cross Road, St Helens WA9 3DATelephone: **01744 627618** |

**Generic useful contacts -**

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| * GP (or out-of-hours GP service Tel: 111 – Mon to Fri 6.30 pm – 8.00 am and weekends and public holidays 24 hrs a day)
* PAPYRUS (prevention of young suicide): 0800 0684141
* CHILDLINE: 0800 1111
* National Domestic Violence Helpline: 0808 2000247
* CALM Helpline (males only):0800 585858
* Switchboard (LGBT support): 0300 330 0630
* Halton Social Care: 0345 050 0148
* Non-emergency Police support: 101
* KOOTH.com (counselling)
* Samaritans - Helpline 08457 90 90 90 (UK)
* YoungMinds Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
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| Stay Alive suicide app has been launched  |
| ​A localised version of the 'Stay Alive' suicide prevention app has been launched across Cheshire and Merseyside (see [Grassroots Suicide Prevention](https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html) for more details) via:https://www.prevent-suicide.org.uk/stay\_alive\_suicide\_prevention\_mobile\_phone\_application.htmlThe app can be downloaded for free using either [Google Play](https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive) or [App Store](https://itunes.apple.com/gb/app/stay-alive/id915458967?mt=8), and includes sections around:* National and local crisis support - crisis and other resources
* Stay alive - for someone who is thinking about suicide
* Worried about someone - for people who are concerned that someone is thinking about suicide
* Myths about suicide - to help to reduce misunderstandings and misconceptions around suicide
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