

Resources for parents and carers of a
child self-harming or showing risks of
self-harming behaviour



Useful information and resource

Coastal West Sussex mind

E-Learning explaining the common reasons why a young person might self-harm and how to respond when you suspect somebody is self-harming

<https://www.eventbrite.co.uk/e/e-learning-self-harm-tickets-149154869229?aff=ebdsoporgprofile>

Zero suicide alliance

Free 20 minute suicide prevention training available online for all to help recognize the warning signs

<https://www.zerosuicidealliance.com/training>

Young Minds

Parents guide to support

<https://youngminds.org.uk/find-help/for-parents/>

Self-harm prevention in the community project pages

Engagement project page is intended to inform you of the latest information, support, and guidance on self-harm. <https://yourvoice.westsussex.gov.uk/self-harm-in-the-community-awareness-and-signposting>

Anna Freud Self-care activities

<https://www.annafreud.org/on-my-mind/self-care/>

Mind Ed

Online learning resource about the mental health of CYP and Adults

<https://mindedforfamilies.org.uk/>

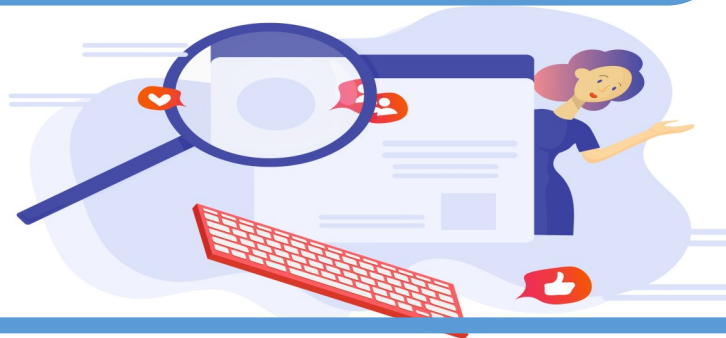
Self-harm parent and carer session recording

Charlie Waller trust
<https://www.westsussexwellbeing.org.uk/topics/healthy-mind/help-support-my-mind/self-care/>

Self-harm parent and carer networks

Free online zoom workshops to talk with other parents and carers to hear what is working for them, discuss your support needs, hear from guest speakers and get updates on the latest initiatives, research, resources and policies.

www.westsussexmind.eventbrite.com



HELPLINES

The Samaritans
Free to call 24/7
on 116123

Young Minds parent's helpline
Monday to Friday
9.30am – 4pm -

Sussex Mental Health Line:
24/7 0300
5000101

What you can do if you discover your child or young person is self-harming

- Stay calm and avoid judging your child, even if you are upset. Be supportive.
- Understand that your child is often self-harming to manage emotions and/or to communicate distress - they may want you to notice the self-harm so that non-verbal communication of distress is received.
- Listen and talk to your child and try to understand what is prompting the behaviour. Be empathic and non-judgemental.
- Convey to your child that you want to understand their difficulties and support your child to find new ways of coping.
- Try to remove the temptation of self-harm, if possible, by encouraging your child to avoid situations in which they could self-harm.
- Help your child think about why they are self-harming by asking if there is anything that can be done about the cause or if something else needs to change to make things better for the child.
- Make a list of people your child can talk to such as you or your partner, other relatives, a teacher, or friends of the family.
- Depending on your child's age, encourage talking about feelings; writing them down; drawing them; breathing exercises, or physical activity as a way to relieve stress and anxiety.
- If your child's behaviour is not changing or if you suspect they might be depressed, ask your doctor for advice. Depression and anxiety can be treated in many ways.

If you are struggling to start a conversation with your child or young person access the young minds starting a conversation page here

<https://www.youngminds.org.uk/parent/starting-a-conversation-with-your-child/>