# **COFFEE AND CHAT: SELF HARM**

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|  | **Details** | **Where to go / link etc.** |
| **Help for children and young people** | | |
| **Local** | **Mindworks Surrey:** the emotional wellbeing and mental health service for children and young people in Surrey | [Self-harm :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/advice-information-and-resources/managing-emotions/self-harm) |
| **Children and Family Health Surrey (0-19)** is the Surrey-wide NHS community health and therapy service for children and young people from birth up to 19 years of age and their parents and carers. | [Chat Health :: Children and Family Health Surrey (childrenshealthsurrey.nhs.uk)](https://childrenshealthsurrey.nhs.uk/ChatHealth)  [Free guides: understanding your baby, child or teenager :: Children and Family Health Surrey (childrenshealthsurrey.nhs.uk)](https://childrenshealthsurrey.nhs.uk/services/free-online-guides-families) |
| **Children and Young People mental health Crisis line** | If you are worried about yourself, a friend, or your child or young person, **please call our 24/7 mental health crisis line** free on [0800 915 4644](tel:08009154644). It’s open all day and all night, seven days a week. |
| **Emerge Advocacy:** This service is all about restoring hope for young people age 10-25 in the Emergency Department (A&E) and beyond because of self-harm and suicide attempt.   * Royal Surrey County Hospital - 07534 331 455 * Epsom Hospital - 07943 194 529 * Frimley Park Hospital - 07943 193 727 * East Surrey Hospital - 07984 006 540 * St Peter’s Hospital, Chertsey (No phone referrals, but you can ask a member of hospital staff to contact the team) | [Emerge Advocacy - Emerge Advocacy](https://emergeadvocacy.com/) |
| **Wish and Flash Groups (invitation only):** These support groups explore the topic of self-harm and consider alternative coping strategies. | [Working In Self Harm (WISH) - for children/young people :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/our-services/intensive-interventions/community-teams/group-interventions/working-self-harm-wish)  [Families Learning About Self-Harm (FLASH) Group - for parents/carers :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/our-services/intensive-interventions/community-teams/group-interventions/families-learning-about-self-harm-flash-group) |
| **CYP Havens** are safe spaces where children, young people, parents and carers can talk about worries and seek advice and support in a confidential, friendly and supportive environment. Please refer to the Mindworks Surrey website for updated information as to which of the centres is currently operating a face-to-face service where you are able to drop in without an appointment. | [Welcome to CYP Haven](https://www.cyphaven.net/) |
| **Websites/Apps (National)** | *Young Minds:* a guide for young people. Self-harm can be difficult to talk about but it’s a common problem and you can beat it. Find out what self-harm means and what to do if you think you’re affected by it. | [Self-harm | Advice for young people | Get help | YoungMinds](https://www.youngminds.org.uk/young-person/my-feelings/self-harm/) |
| *Mind*: Explains self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family. | [What is self-harm? - Mind](https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/#.W_fqZcJLHcs) |
| *Calm Harm* is a free app that helps you manage or resist the urge to self-harm. | [Home - Calm Harm App](https://calmharm.co.uk/) |
| ***Mental Health Foundation:* Explains self-harm, eating disorders, death or bereavement, personality disorders, anxiety, depression and substance abuse or addiction (which may include mentions of alcohol or drug use). Please read with care.** | [The truth about self-harm | Mental Health Foundation](https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm) |
| TESS (Telephone and email support for self-harm) Provide support for girls and young women up to the age of 25 who are engaging in self-harm behaviour. They provide email and text support. | <http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service> |
| *Harmless*: provide support for people who suffer from self-harm. | <http://www.harmless.org.uk/> |
| Young Minds offer a free, 24 hour, text service. Useful tool if YP wants to reach out without speaking to someone. | Text ’YM’ to 85258. |
| **Urge surfing** is a technique for managing one’s own unwanted behaviours. Rather than giving in to an urge, a person learns to ride it out, like a surfer riding a wave. After a short time, the urge will pass on its own. | [Urge Surfing: Distress Tolerance Skill | Worksheet | Therapist Aid](https://www.therapistaid.com/therapy-worksheet/urge-surfing-handout) |
| **The TIPP skills** change your body chemistry to reduce feelings of being overwhelmed. These skills work *very* fast to bring down the intensity of your emotions. They are easy to use and do not require a lot of thinking. There are four TIPP skills – Temperature, Intense Exercise, Paced breathing, Progressive muscle relaxation. | [TIPP Skills | Mindful Teen](https://www.mindfulteen.org/dbt/distress-tolerance/tipp-skills/) |
| Self-care – resources to enable the prioritisation of mental health and wellbeing | [Self-care | Anna Freud](https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/) |
| Useful contacts for 11-18 year olds | If you're 11-18 years old, this page lists organisations and services that can offer you support and information. All of the contact numbers listed here are helplines, unless we've noted what they're for instead. | [Useful contacts - 11-18 year old's mental health - Mind](https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/) |
| CAMHS resources donwloads | This is a collection of downloadable self-help guides that we really like and hope may be useful to you. Some are aimed at adults but the ideas and suggestions in them can still be relevant for young people and parents. | [DOWNLOADS | CAMHS Resources (camhs-resources.co.uk)](https://www.camhs-resources.co.uk/downloads) |
| **Support for parents** | | |
| Hope Day Service | Offer a fortnightly online parent support forum open to ANY Surrey parent, they cover a wide range of topics, including **self-harm** and have unstructured sessions where parents can chat and support each other also. | [Parent and carer support | Hope Service](https://www.hopeservice.org.uk/parent-and-carer-support)  [Hope Service :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/our-services/crisis-admission-avoidance/hope-service) |
| Surrey Family Learning | This is a FREE three-week online course designed to provide parents and carers with the understanding of **self**-**harm** among young people, as well as strategies. | [Adult learning course information - Surrey County Council (surreycc.gov.uk)](https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/overview?id=35184) |
| Parent Wellbeing Service (PWS) | PWS offers support to parents or carers whose children and young people are experiencing poor mental health and well-being such as anxiety, depression, stress, **mild self-harm** and eating disorders. | [Parents Wellbeing Service (PWS) - Surrey | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/get-support/services/parents-wellbeing-service-pws-surrey) |
| Healthy Surrey | The First Steps guide offers a range of advice, information and self-help techniques that we all can use to help support our emotional and mental wellbeing. | [First Steps: emotional health and mental wellbeing advice and support guide | Healthy Surrey](https://www.healthysurrey.org.uk/mental-wellbeing/self-help/advice-and-support-guide) |
| Recommended reading: *The Parent’s Guide to Self-harm* | For parents looking to understand self-harm further, we recommend the book**:** *The Parent’s Guide to Self-harm: What Parents Need to Know: by Jane Smith (2012) published by Lion Hudson*. | [The Parent's Guide to Self-Harm: What every parent needs to know eBook : Smith, Jane: Amazon.co.uk: Kindle Store](https://www.amazon.co.uk/Parents-Guide-Self-Harm-What-parents-ebook/dp/B009P1EX4Y) |
| Young Minds Parents Helpline | Young Minds Parents Helpline – open Monday to Friday, 9.30am-4.00pm. | 0808 802 5544 (free for mobiles and landlines)  <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/> |
| Surrey ND helpline | Advice line for parents and carers of children and young people who have neurodevelopmental needs, including autism and ADHD. Urgent support, advice or guidance is available from 5-11pm, 365 days a year. | [Out of hours advice line :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/our-services/neurodevelopmental-services/out-hours-advice-line) |
| Charlie Waller | Coping with self-harm, guide for parents and carers | [Coping with self-harm: a guide for parents & carers (charliewaller.org)](https://www.charliewaller.org/mental-health-resources/managing-difficult-feelings/coping-with-self-harm) |
| Family Learning - Parenting - First Steps to Understanding and Responding to my Child: Self-harm | This is a FREE three-week online course designed to provide parents and carers with an understanding of self-harm among young people, as well as strategies for support and self-care, you will have the opportunity to develop an understanding of the reasons why young people may self-harm. | [Family Learning - Parenting - First Steps to Understanding and Responding to my Child: Self-harm - Surrey County Council (surreycc.gov.uk)](https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/overview?id=38265) |
| **Information for practitioners/colleagues** | | |
| Self-Harm Protocol | This protocol is for managers and practitioners setting out the key roles and responsibilities in supporting children who may be at risk of self-harm or who have engaged in acts of self-harm. This protocol has been developed in accordance with Working Together 2018, Keeping Children Safe In Education 2020, NICE Quality Standards and learning from Local Child Safeguarding Practice Reviews. The aim of this protocol is to ensure the effective coordination of multi-agency responses to incidents of self-harm across Surrey. | [Self Harm Protocol - Surrey Safeguarding Children Partnership (surreyscp.org.uk)](https://surreyscp.org.uk/2021/07/06/self-harm-protocol/) |
| Surrey Suicide Prevention Toolkit | This toolkit/padlet has been developed by PAPYRUS Prevention of Young Suicide and Surrey County Council Public Health to provide guidance to practitioners working with Surrey's children and young people within education, health, and social care to support the prevention of young suicide. Content will be reviewed annually. | [Surrey Young Suicide Prevention Toolkit (padlet.com)](https://padlet.com/PAPYRUS_Surrey/surrey-young-suicide-prevention-toolkit-pobnulm5rj8coah7) |
| Emotional Wellbeing and Mental Health Strategy | The Children and Young People’s Emotional Wellbeing and Mental Health Strategy 2022-2027 is underpinned by engagement from children, young people, their families, and the professionals who support them. The strategy brings together partners from across Surrey including health, education, social care, the third sector and Mindworks Surrey, to assess our strengths and what we need to improve, to support children and young people’s emotional wellbeing and mental health. The strategy includes an action plan that details how we will address this over the next 5 years.  This strategy will serve as both the NHS England’s Local Transformation Plan and the Joint Strategic Needs Assessment (JSNA) for children and young people’s mental health. | [Children and Young People’s Emotional Wellbeing and Mental Health Strategy 2022-2027 | Surrey-i (surreyi.gov.uk)](https://www.surreyi.gov.uk/jsna/emotional-wellbeing-and-mental-health/)  [Surrey Healthy Schools guidance: promoting physical, emotional and mental health and wellbeing | Healthy Surrey](https://www.healthysurrey.org.uk/professionals/healthy-schools/approach/guidance) |
| Peer Productions | A 90-minute educational and entertaining play about three teenagers who have recovered from self-harm. It includes a comprehensive teachers’ resource pack. | [Hidden - live performance about recovery from self-harm :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/our-services/building-resilience/hidden-live-performance-about-recovery-self-ham) |
| Royal College of Psychiatrists leaflets |  | <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/self-harm.aspx> |
|  | Good resource for schools available on Charlie Waller Trust website - "Guide for School Staff" - Uni of Oxford research |  |
| Mind document | Explains self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family | [Self-harm-2020.pdf (mind.org.uk)](https://www.mind.org.uk/media-a/5783/self-harm-2020.pdf) |
| Helpful responses to self-injury |  |  |
| 10 ways to hold space for someone (including yourself) |  |  |
| **Training for professionals** | | |
| Healthy Schools | Mental health training courses for Surrey Schools. | [Public Health: Free Mental Health Training for Surrey Schools | Surrey Education Services (surreycc.gov.uk)](https://surreyeducationservices.surreycc.gov.uk/Article/96441) |
| Autism Suicide Prevention Training | Autism Suicide Prevention Training, delivered in partnership between Autism Oxford UK and Making Families Count. This training has been commissioned by Surrey County Council and specific training sessions have been scheduled to meet the needs of professional delegates working within the county of Surrey only. | To book visit [Autism Oxford UK Limited – Autism Suicide Prevention Training](https://ssp.autismoxford.com/?password-protected=login&redirect_to=https%3A%2F%2Fssp.autismoxford.com%2F) and use the password **ssp-2023** |
| Emerge | At Emerge Advocacy, we are specialists in supporting young people attending A&E because of self-harm or suicide attempt through our Emerge projects.  We use our knowledge to deliver preventative work for schools, churches, for parents and in youth work settings, equipping adults and teenagers to understand this emotive topic using tried and tested material. Our training introduces the concept of self-harm as an umbrella which young people cling on to, to protect themselves from the storms of life. | [Insight - Emerge Advocacy](https://emergeadvocacy.com/insight/) |
| **Neurodiversity** | | |
| **Navigating the Maze – a toolkit of strategies for parents of neurodivergent children****Navigating the Maze – a toolkit of strategies for parents of neurodivergent children****Navigating the Maze – a toolkit of strategies for parents of neurodivergent children** Navigating the Maze – a toolkit of strategies for parents of neurodivergent children | Navigating the Maze is a workshop for parents of children who have needs that may be associated with ASD and/or ADHD. Its purpose is to support parents to become experts to their children, by understanding and therefore responding to their presenting needs. In doing this, parents can become co-therapists to their unique children, and in doing this uncover and recognise their amazing gifts. The workshop was created by professionals with both lived experience and knowledge and experience of working clinically with neurodivergent children. | [Navigating the Maze – a toolkit of strategies for parents of neurodivergent children :: Mindworks Surrey (mindworks-surrey.org)](https://www.mindworks-surrey.org/advice-information-and-resources/neurodevelopmental-needs/navigating-maze-toolkit-strategies-parents-neurodivergent-children) |
| Ask an Autistic: Living Atypically – self-injurious stims Ask an Autistic: Living Atypically – self-injurious stims Ask an Autistic: Living Atypically – self-injurious stims | YouTube video | [Ask an Autistic: Living Atypically - Self-Injurious Stims - YouTube](https://www.youtube.com/watch?v=S4lhXidFPx8) |