



Supporting Children and Young People who Hurt or Harm themselves

Signs and symptoms to look out for:

Have they...?

- Got unexplained bruises, sores, cuts or burns
- Become withdrawn
- Experienced a change in behaviour
- Shown signs of low mood, depression, worry or anger
- Expressed self-blaming feelings of failure, hopelessness, or says they are useless
- Avoided swimming or changing clothes around others

As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.

You can suggest the following tips and useful resources:

- [How do I tell someone I self-harm?](#)
- Make a [self-harm action plan](#).
- Try [distraction techniques](#) to help you divert the habit.
- Suggested [coping techniques](#) by ChildLine
- [A leaflet for young people on self-harm](#)
- [Five Finger Breathing](#), a simple guided breathing exercise.

It's important to encourage children and young people to speak to a professional who can also help (e.g. a GP, counsellor, or helpline). Here is a list of local support services for children and young people:

[Open Minds \(CAMHS\)](#) offer specialist mental health support for children and young people.

- **Age range:** 5-18 years
- **Referral process:** [online referral form](#)
- **Contact details:** 01422 300 001
- **Opening times:** Monday – Friday 9am – 4.30pm (open until 6pm on Tuesdays & Wednesdays in term time)

[Noah's Ark Centre](#) offers counselling/psychotherapy to young people and therapeutic play to children aged 5-11.

- **Age range:** 5-21 years
- **Contact details:** 01422 300457 to find out more and make a referral

[Kooth](#) is a free, safe, anonymous online counselling and support service. Young people can access Kooth's counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

- **Age range:** 10-25 years
- **Referral process:** self-referral
- **Opening times:** until 10pm every evening, 365 days a year

[The BREW Project delivered by Invictus Wellbeing](#) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

- **Age range:** 5-17 years
- **Referral process:** [online referral form](#)
- **Opening times:** Monday to Friday, 9am-5pm (referrals only)
- **Contact details:** 01422 730015 or support@invictuswellbeing.com

[Time Out delivered by Healthy Minds](#) helps children and young people 'find their thing', through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a **Listening Line** which provides support and advice for students. **Text 07418 311736**. They offer three sessions with a project worker to talk through worries.

- **Age range:** 10-19 years
- **Referral process:** self-referral
- **Contact details:** 01422 345154 or timeout@healthymindscalderdale.co.uk

[Barnardo's Positive Identities Service](#) provide direct support to LGBTQ children and young people around their gender and sexual identities. They also work with parents/carers and families.

- **Age range:** 8-21 years
- **Contact details:** positive.identities@barnardos.org.uk to find out more and make a referral

Advice for parents and carers:

[Is your child harming or hurting themselves?](#) This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

Free training offer for staff and students:

- Training workshops are available for school staff around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk
- Training workshops are available for students around EHWB. This is delivered by Healthy Minds, Time Out Tara@healthymindscalderdale.co.uk
- Training workshops are available for the wider workforce around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk