

Assessing and Responding to Incidents of Self-Harm

The following is designed as a **guide to assessing and responding to an incident of self-harm**. There will be variations in procedure depending on your organisational context and the individual circumstances. It should not be viewed as a checklist. Risk assessments should no longer be used as a way of deciding who receives support as it cannot accurately predict future risk of self-harming (NICE Guidelines, 2022).

However, the following can be used as part of the holistic assessment of the young person's needs and planning for their immediate and long-term psychological and physical safety.

Self-Harm Concern is identified through:

Disclosure of information from the young person, friend, family member, staff member or other source

Self-harm behaviour is witnessed

Is there evidence that the young person has suffered a serious injury including deep cuts, serious burns or has ingested any harmful substance?

No	Yes
<p>Remain calm</p> <p>Administer First Aid as required</p> <p>Inform a member of SMT</p> <p>Arrange a suitable space to speak to the young person privately</p> <p>Explain boundaries of confidentiality and consent – parents/carers should always be informed unless you have good reasons related to care and welfare or the young person is 16 or over and refuses consent</p> <p>Conduct risk assessment</p> <p>Remain with the young person</p> <p>Consider whether removal any potential harmful objects or substances is necessary.</p>	<p>Remain calm and stay with the young person at all times</p> <p>Contact emergency services - 999</p> <p>Administer First Aid as required</p> <p>Inform Parents/Carers and line manager – follow Child Protection protocols regardless of consent from the young person</p> <p>Inform Social Work through Request for Assistance 577 8300</p> <p>Consider whether removal any potential harmful objects or substances is necessary.</p> <p>Record the incident in pastoral notes (or as appropriate for your setting) as a significant event.</p>

Assessment and Planning		
Emerging Concerns	Increasing Concerns	High Levels of Concern
<p>Self-harm is unlikely to cause serious harm; cuts (if present) are not deep</p> <p>Self-harm is very infrequent</p> <p>YP has no thoughts of suicide or plan</p> <p>YP is willing to talk to someone</p> <p>YP has a high number of protective factors</p> <p>YP has little history of self-harm, a generally manageable amount of stress, and at least some positive coping skills and some external support.</p>	<p>Self-harm is unlikely to cause serious harm</p> <p>Self-harm is occurring more regularly</p> <p>Injuries require First Aid treatment</p> <p>Method of self-harm has changed</p> <p>YP has thoughts of suicide but no plan</p> <p>YP is willing to talk to someone</p> <p>Risk factors are present</p>	<p>Self-harm is escalating in seriousness and frequency</p> <p>Injuries require hospital treatment</p> <p>YP has thoughts of suicide</p> <p>YP has had a previous suicide attempt</p> <p>High number of risk factors present and low level of protective factors</p> <p>YP is reluctant to talk to someone</p> <p>YP has few positive supports or coping strategies</p> <p>No existing multi-agency plan and support in place or current multi-agency support and plan is insufficient to manage the risk</p>
Consider Actions	Consider Actions	Consider Actions
<p>Seek consent to share information with parents/carers</p> <p>Support YP to create a safe plan</p> <p>Agree arrangements for check-ins</p> <p>Share signposting information</p> <p>Keep in regular contact and be aware of any changes in presentation</p> <p>Consider the need for a Stage 2 Wellbeing Plan</p> <p>Debrief all staff involved</p>	<p>Seek consent to share information with parents/carers.</p> <p>Support YP to create a safe plan</p> <p>Agree arrangements for check-ins</p> <p>Create Stage 2 Wellbeing Plan</p> <p>Ensure the YP does not leave without a responsible adult</p> <p>Share signposting information</p> <p>Consider referral to Healthier Minds Service, CAMHS or SW</p> <p>Keep in regular contact and be aware of any changes in presentation</p>	<p>Inform parents/carers regardless of consent from the YP</p> <p>Inform Request for Assistance in line with CPC Young Persons Safety Planning Protocol</p> <p>Support YP to create a safe plan</p> <p>Agree arrangements for check-ins</p> <p>Create Stage 2 Wellbeing Plan</p> <p>Share signposting information</p> <p>Refer to CAMHS</p> <p>Ensure the YP does not leave without a responsible adult</p> <p>Debrief all staff involved</p>

	Debrief all staff involved	
--	----------------------------	--

The following actions should be considered in the event of any self-harm incident:

Make time to talk to the young person.

Encourage and support the young person to discuss concerns with parents/carers. See [planning tool](#).

Signpost to [Healthier Minds and other relevant support organisations](#).

Record incident as appropriate to your setting.

Conduct a holistic assessment of the young person's needs and planning for their immediate and long-term psychological and physical safety.

Create a Safe Plan in collaboration with the young person including check-in and monitoring plan.