

Local & National Contact Details

Child and Adolescent Mental Health Services (CAMHS). Can be contacted as follows: CAMHS East Ayrshire, North West Area Centre, Kilmarnock,
Telephone: 01563 578540

Mon- Fri 9-5pm

National Self-harm Network

This has an online forum where you can chat with other people affected by self-harm.

Website: www.nshn.co.uk

The Samaritans

This is a listening service for anyone in distress including people who self-harm.

Telephone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

Harmless

This is a charity that supports people who self-harm their family, friends, relatives and professionals.

Telephone: 0115 934 8445

Email: info@harmless.org.uk

Website: www.harmless.org.uk

Out of-hours Access to Mental Health services, is available through NHS24 on 111 in the first instance. Other access routes may be used in other specific emergency situations.

Changing Faces

Changing Faces offers information, advice and support to children, parents and adults with scars, marks or conditions that affect their appearance.

Telephone: 0845 4500 275

Email: skincam@changingfaces.org.uk or support@changingfaces.org.uk

Website: www.changingfaces.org.uk

Hands on Scotland

www.handonscotland.co.uk

Young Minds

www.youngminds.org.uk

LAAC Nurse (East)

Room 39

Central Clinic

16 Old Irvine Road

Kilmarnock

KA1 2BD

Telephone: 01563 545742



Self Harm Do's and Dont's

Do:

- Be non-judgmental and try to be understanding
- Ask them what, if anything they would like you to do to help
- Listen with a view to joint problem solving
- Let them remain in control as much as possible (many people who self harm feel they have a lack of control over their lives and feelings etc.).
- Be positive. Try and focus on their strengths
- Take seriously suicidal gestures and thoughts

Don't:

- Don't tell them to stop self-harming
- Don't force them to talk about it
- Don't tell the young person off or punish them
- Don't change your perspective of them as a person
- (They are an individual, not a 'self-harmer')
- Don't jump to conclusions

For Further information, please visit Ayrshire Multi Agency Guidance for People working with Children and Young People at Risk of Self-harm or Suicide Available online

Self-Harm describes a wide range of behaviours that people sometimes use to cope with difficult feelings and distressing life experiences.

Most people who self harm do so to manage their feelings. There is no “typical” person who self harms. It can be anyone.

Some forms that self harm can take include:

- Cutting, burning, biting
- Substance abuse
- Head banging and hitting
- Taking personal risks
- Picking and scratching
- Neglecting oneself
- Pulling out hair
- Eating disorders
- Over dosing and self-poisoning

Young People say self harm works for them in the following ways:

- Relief of feelings
- Distraction
- Self punishing
- Control
- Feeling real or alive



If a child or young person shows you an injury, offer the appropriate help in the same way as if it was an accidental injury.

Warning Signs

Signs may include:

- Spending more time in the bathroom
- Unexplained cuts or bruises, burns or other injuries
- Wearing long sleeves at inappropriate times
- Low mood – seems to be depressed or unhappy

Please remove this card and attach to your lanyard for future reference

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