



## Pan-Hampshire and Isle of Wight Self Harm Pathway for Non Health Professionals

**This pathway relates to all children under 18 years who present with self-harm behaviour as follows:**

### Self-harm

Self-harm describes a wide range of things that people do to themselves in a deliberate and usually hidden way. In the vast majority of cases self-harm remains a secretive behaviour that can go on for a long time without being discovered. Self-harm can involve:

- Attempted hanging;
- Overdosing of tablets or medicines;
- Cutting, often to the arms using razor blades, broken glass or knives;
- Burning using cigarettes or caustic agents;
- Punching and Bruising;
- Inserting or swallowing objects;
- Head banging;
- Pulling out hair or eyelashes.

Self harm can sometimes be a coping mechanism with the aim of relieving emotional distress.

NB. it must be recognised that the emotional distress that leads to self harm can also lead to suicidal thoughts and actions.

# Pan-Hampshire and Isle of Wight Self Harm Pathway

If a child is self harming, professionals should make a brief assessment and follow pathway as below:

Observed	Reported	Suggested Response
Child is or may present a significant, current risk of causing serious harm to themselves or others	Completed, or imminent credible threat of action to cause significant harm	Contact the Police
Acutely distressed but not thought to be a danger to themselves or others and/or urgent medical treatment required - See next slide for further information	Possible overdose of medication or recreational drugs	Convey to hospital
Child stable but significant urgent concerns about self harming or other mental health issues	Suicidal thoughts, severe depression etc. Or currently under CAMHS	During working hours - contact CAMHS single point of access, or if open to CAMHS contact that specific team. Out of hours - to hospital
Child stable and no urgent significant concerns	Depression, anxiety etc. and not known to CAMHS	Child to see GP or school counselling service. Consider calling the 111 Service if the route for support is not clear.

# Further considerations

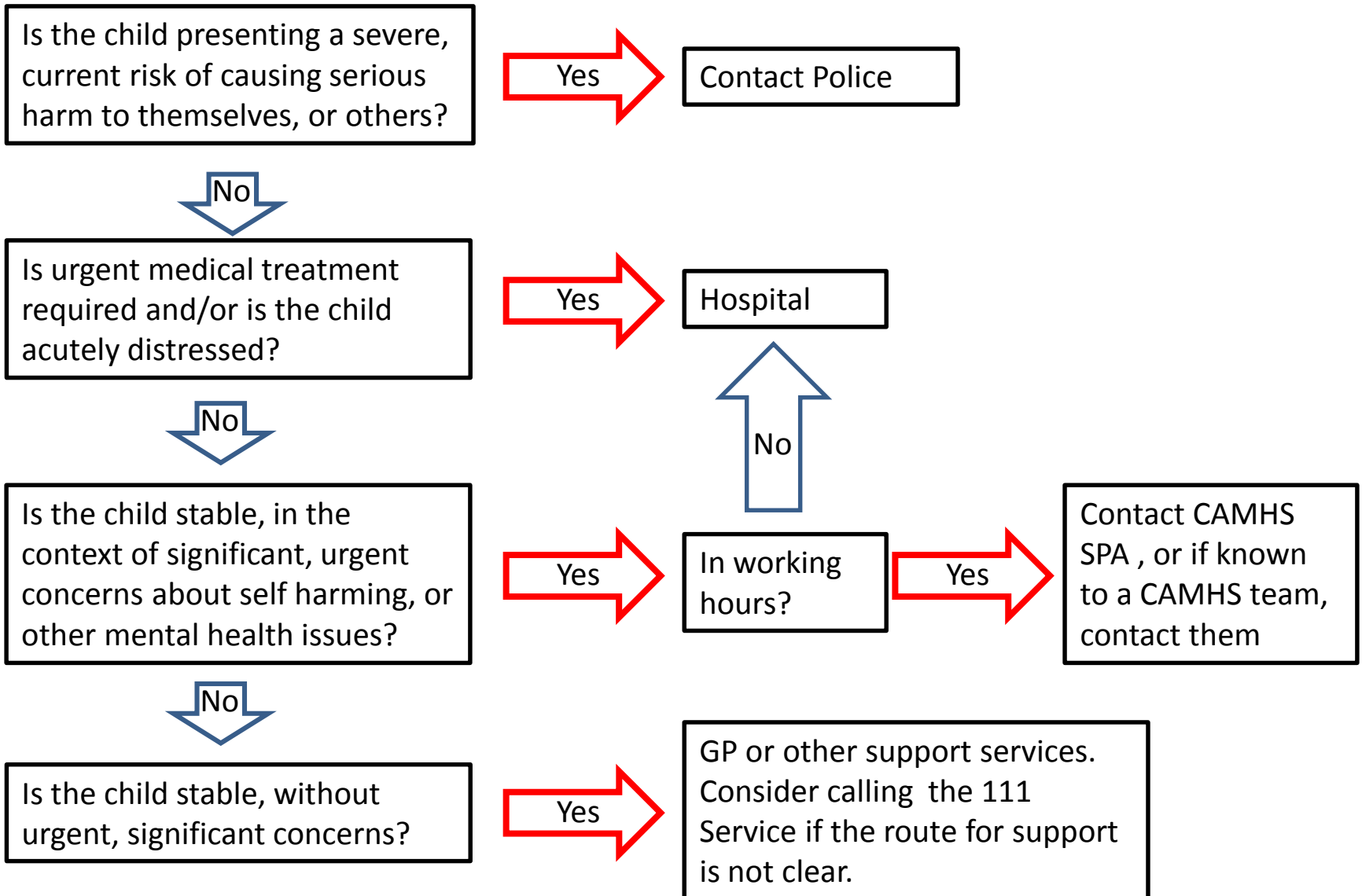
The following factors should be used when considering whether a child is in need of urgent medical treatment / psychological support and should be taken to a Hospital Emergency Department:

- Has declared or is suspected to have overdosed on illegal or prescription drugs
- Has consumed large volumes of alcohol
- Has injuries i.e. cuts, broken bones that require medical attention
- Has declared or is suspected of attempted asphyxiation / hanging
- Is actively suicidal, i.e. continues to state that they will commit suicide and needs to be prevented from doing so.

Consider also completing a Safeguarding referral alongside calling other agencies, if:

- Noteworthy safeguarding concerns exist
- There are less specific, but active concerns about Safeguarding, in particular relating to Child Sexual, or Criminal Exploitation

# Pathway for management of child who is self harming



# Local Contacts

## Hampshire

CAMHS Single Point of Access 0300  
304 0050

Children's Services professional line on  
01329 225379 (for safeguarding  
concerns) and 0300 555 1373 (out of  
hours)

## Isle of Wight

CAMHS Single Point of Access XXXX

Children's Services professional line  
on 0300 300 0901 (for safeguarding  
concerns)

## Portsmouth

CAMHS Single Point of Access:  
Monday – Friday 9am – 5pm: 0300  
123 6632  
Out of hours – 02392 894419

Children's Services professional line on  
023 9268 8793 (in hours) and 0300  
555 1373 (out of hours) (for  
safeguarding concerns)

## Southampton

CAMHS Single Point of Access 0300  
123 6661 (request CAMHS SPA)

Children's Services professional line  
on 023 8083 3336 (in hours) and 023  
8023 3344 (out of hours) (for  
safeguarding concerns)