

## Useful Tips on what to do and say:

### Stay Calm

- Tell your child you are there for them and that you are not upset or angry
- Tell them you are pleased they have told you they are having thoughts of harming themselves and that you want to help them through this time
- Listen to what they are saying even if they are venting anger or other negative emotions at you.
- Listen without interrupting
- Once you have listened to what they have said, and the crisis is settling make some suggestions for things you can do together to distract them from their thoughts
- After crisis, please encourage your child to relax as the evening progresses. For example, bubble bath, a hot milky drink, family movie.

*'I am not going to tell you to get over it, I am going to help you get through it.'*



*'I'm no therapist, but I promise this: I will listen and I will care.'*

## Help Lines

Child Line — 0800 1111  
Samaritans — 08457 90 90 90  
Support Line — 0208 554 9004  
Self Harm Network — 0800 622 6000  
The Amber Project — 02920 344 776  
Young Minds — 08088 025544  
GP Out of Hours — 111

## Parent Support

Parent Line — 08088 002222  
NSPCC — 08088 005000  
Mental Health Helpline - 0800 132 737  
Silver Cloud- Free Online CBT Therapy  
<https://nhs.wales.silvercloudhealth.com/signup/>

## Powys Support Services

Youth Intervention Service (YIS) (11-18yrs)  
01874614069/ 01686614078/ [caf.admin@powys.gov.uk](mailto:caf.admin@powys.gov.uk)

Kooth Online and f2f [www.kooth.com](http://www.kooth.com)

### Early Help Team.

01597 826246/ [earlyhelp@powys.gov.uk](mailto:earlyhelp@powys.gov.uk)

GP – Teacher – School Nurse or any other professional can refer to CAMHS

## Websites

[www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)  
[www.youngminds.org.uk/young-people](http://www.youngminds.org.uk/young-people)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

**Safety Advice  
for Parents and  
Carers  
in Relation to Self  
Harm  
and Suicide**

## **Safety at Home**



**Self Harm is often an attempt to manage and cope with difficult feeling's & experiences.  
Suicidal Thoughts should always be taken Seriously.**

# Safety Plan

## What you need to do

All medications (prescribed/over the counter/vitamins) to be removed and/or locked in a strong lockable medical box or locked cupboard. Medication needs to be stored in this way in all houses where the young person stays, including grandparents, foster carers, stepparents, and residential homes.

Ensure the young person has not got a stock of medication in their room or amongst their property.

Other environmental risks should be considered e.g., removing ropes.

Do not allow your son/daughter to go out alone or with friends during times of distress and when they are voicing suicidal thoughts or thoughts of deliberate self harm.

Monitor mood and behaviour closely.

Ask about thoughts of self harm and suicide.

Look out for the warning signs that your child might be struggling

## What to do in an Emergency

Support your child emotionally and encourage the use of distraction techniques and alternatives to self-harm.

If hospital treatment is not required but you are concerned about risk of suicide, please arrange an emergency appointment with your GP who can access CAMHS Monday—Friday 9:00—17:00.

Out of hours call 111 Out of Hours Service –

In cases of an emergency where medical treatment is needed and/or risk is imminent, take your child to hospital or call 999 if required.

If your child has taken an overdose, they will need to be taken to hospital immediately for treatment. Anything over recommended dose is an Overdose.

If your child has self harmed and the injury requires medical treatment go to the appropriate medical setting. E.g., GP or Hospital depending on injury.

If your child expresses suicidal thoughts and goes missing, call the police and report your child missing – making sure you tell them about previous overdoses and suicidal ideation.

## What do you notice when your child is struggling?

### Useful Tips on what NOT to say:

- Don't shout or argue with them
- Don't say things like "your attention seeking" "you haven't got anything to be upset about"
- Don't remind them of things that you feel they should be grateful for
- Don't say they are causing stress/upset
- Don't say you can't cope
- Don't say they must be crazy or mentally ill to have thoughts of suicide
- Don't lecture on the value of life/suicide being wrong or the coward's way out
- Don't say other kids have it much worse than you/you have so much to live for
- If there is an identified trigger like an argument with boyfriend/girlfriend/friends don't say that it is silly to get upset about it.