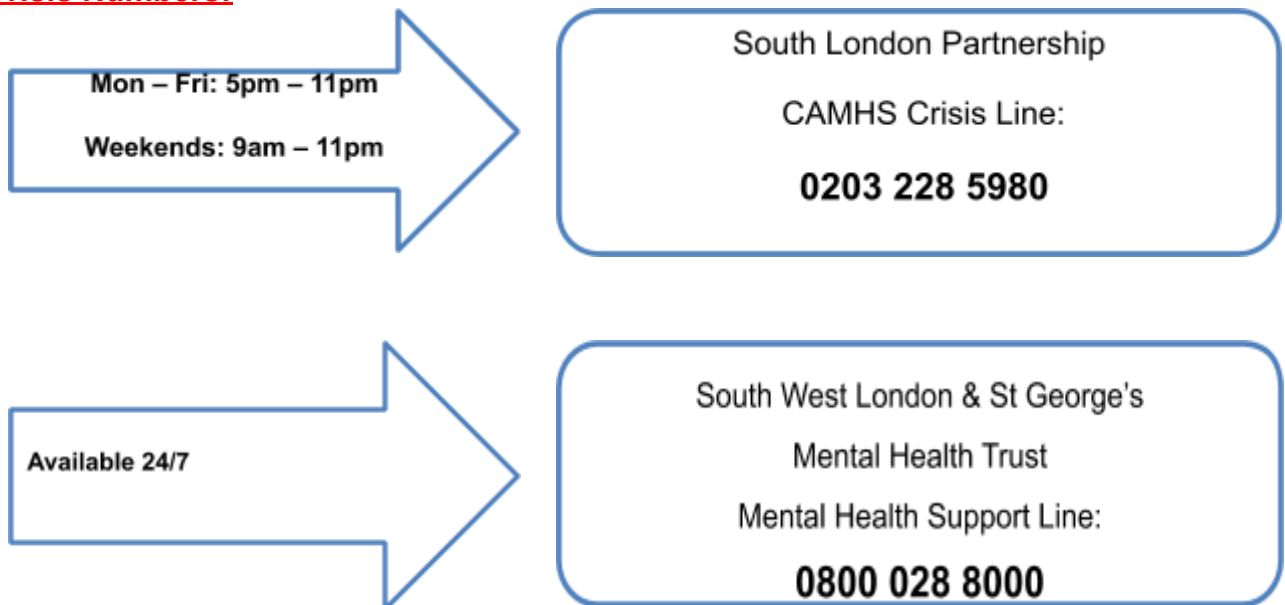


Crisis/ Safety Planning Advice for Kingston & Richmond CAMHS Referrers

In an emergency:

If you need emergency medical attention, you can call 999 or attend your local A&E. However, we are trying to prevent children and young people attending A&E, particularly during the COVID-19 pandemic, so where possible and if safe to do so, please stay home and call one of the crisis lines below:

Crisis Numbers:



Helplines:


call 0800 1111 or visit
www.childline.org.uk for an online
1-2-1 chat


call 0800 068 4141, text 07786 209 697 or
visit www.papyrus-uk.org for support when
having thoughts of suicide


call 116 123 to be listened to 24/7 or visit
www.samaritans.org


text YM to 85258 to access a
24/7 crisis messenger


call 0808 801 0711 or visit
www.b-eat.co.uk for help
to beat eating disorders


call 0808 800 2222 or visit
www.familylives.org.uk for support
on parenting and family life

Online Support:

[Kooth.com](https://www.kooth.com) Kooth is a free, anonymous counselling and well-being platform for young people in Kingston or Richmond. You can talk to qualified youth counsellors, read helpful articles and get support from the Kooth community. Available evenings and weekends too.

<https://www.crisistextline.uk>. 'Shout' offer 24/7 crisis support via text message

School Health Service:

The School Health Service provides confidential advice and support to young people attending a school or being home schooled in Richmond or Kingston, to help promote physical and mental wellbeing.

Contact them on:

Richmond: **0208 917 4220** or CLCHT.richmondschoolnursing@nhs.net

Kingston: **0208 549 6323** or KU19@yourhealthcare.org

Websites:

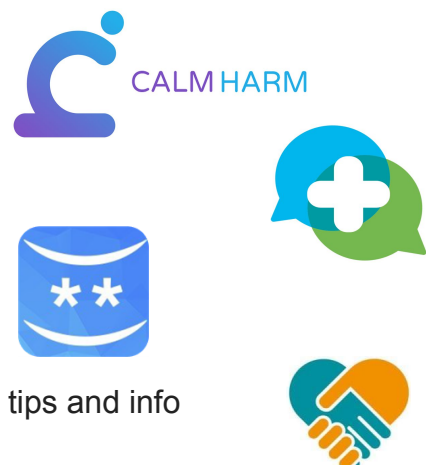
- National Self Harm Network <http://www.nshn.co.uk/downloads.html>
- Young Minds - No Harm Done project
<https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/#> Parent Free Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm)
- Heads Above The Waves <https://hatw.co.uk/things-to-try/> A charity raising awareness of depression and self-harm in young people, with tips of things to try.

Websites that signpost to other helpful resources:

- <https://www.camhs-resources.co.uk/>
- <https://charliewaller.org/what-we-do/for-parents/>
- <https://kr.afcinfo.org.uk/pages/young-people/information-and-advice/emotional-health-service/resource-hub>

Apps:

- **Calm Harm**
<https://www.nhs.uk/apps-library/calm-harm/>
- **distrACT**
<https://www.nhs.uk/apps-library/distract/>
- **Blueice**
<https://www.nhs.uk/apps-library/blueice/>
- **Stay Alive** A suicide prevention app with helpful tips and info



Information Guides:

https://www.psych.ox.ac.uk/files/research/coping-with-self-harm-brochure_final_copy_right.pdf A helpful guide for parents and carers on how to talk about self-harm with young people

https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_ce3f739d96654cc8859a09d9a12d3720.pdf An SOS parent guide to depression

Books:

- Can I Tell You About Self-Harm? by Pooky Knightsmith
- Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can - Ben Sedley
- See <https://www.camhs-resources.co.uk/> for other book recommendations

Things to advise parents and carers on what they can do to help keep their child safe/minimise the risk of harm:

- Let them know you are not judging them or putting them down, and that you love them and that will not change.
- Try not to minimise feeling (e.g. "it's just a phase") or try to fix everything. It takes a lot of courage for young people to be open and honest about their feelings, so it is important that you take what they say seriously and without judgment.
- Empathic listening is key: try to ask open and honest questions and show that you're really listening by reflecting on what they say and clarifying what they mean. Don't jump in with solutions- allow them to express their problems first.
- Let them know that you are taking the self-harm and/or suicidal thoughts seriously and that you are willing to be open about it so that you can help find ways to support them.
- Let your child know that their emotions are real and important.
- If your child is able to be open about their self-harm or suicidal thoughts, try to help them work out feelings and situations that may trigger it.
- Try to think together of ways to handle strong feelings that don't involve self-harm. The information guides, apps and websites above can help explore strategies for this.
- If they don't want to talk to you, see if they can write you an email or a message or explore if there is another supportive person they could talk to.
- Try to problem-solve about self-harm in a practical and safe way. Work out together with your child how to reduce the risk of them self-harming e.g., by locking medication securely away or removing sharp objects or possible ligatures, particularly from their bedroom or bathroom.