

SELF-HARM

[Self-harm](https://www.psychologytoday.com/gb/basics/self-harm) (SH) or deliberate self-harm (DSH) is when the person deliberately inflicts damage to themselves. It can involve the person cutting, burning, scratching, banging or hitting themselves, interfering with wound healing, and the ingestion of toxic substances or objects. It is not something confined to teenagers. Young children and adults of any age may self-harm.

Self-harm may look like suicide but that may not be the person’s intention. Most people who mutilate or hurt themselves do it as a way to regulate mood or need to distract themselves from inner turmoil, or to quickly release anxiety that builds due to an inability to express intense emotions.

Inner turmoil may be due to severe lack of self-esteem, insecure or threatening environment such as a household where domestic abuse is being perpetrated. It could be a reaction to being subject to bullying, emotional abuse or sexual abuse.

Digital self-harm or self-cyberbullying is an emerging dilemma, predominantly amongst young people. The person posts abusive and/or threatening comments to themselves. Another type of self-cyberbullying identified is when people post personal questions online specifically to get negative responses, such as, "Am I attractive"? The abusive replies reinforce what the person feels about themselves.

For clear concise information about why people self-harm, types of self-harm, the signs to be aware of and support groups go to;

[**https://www.nhs.uk/conditions/self-harm/**](https://www.nhs.uk/conditions/self-harm/)

In Highland if a young person is admitted to Raigmore Hospital following an attempt to harm it is recommended that they are seen by a member of the Child and Adolescent Mental Health Service (CAMHS) before they leave hospital. CAMHS is based in the Phoenix Centre, Inverness.

Please see the NHS flowchart overleaf on the “Management of Children and Young People presenting with Deliberate Self-harm (DSH) with Suicidal Intent in NHS Highland during Covid-19 Emergency Care Measures”.

**ChildLine 0800 1111.**

[**www.childline.org.uk/Explore/DamagingYourself/Pages/SelfHarm.aspx**](http://www.childline.org.uk/Explore/DamagingYourself/Pages/SelfHarm.aspx)

**Look OK … Feel Crap?** 0808 802 2020.

[**www.lookokfeelcrap.org/feeling-crap/self-harm**](http://www.lookokfeelcrap.org/feeling-crap/self-harm)

Information on self-harm and how to help yourself.

**Alumina**

[**https://www.selfharm.co.uk/alumina**](https://www.selfharm.co.uk/alumina)

Is a free, online 6 week course for young people struggling with self-harm.  Please note that it is for the young person to decide as to whether they are at the point that they want to proceed with the course. It must be of their own volition.



**Management of Children and Young People presenting with Deliberate Self-harm (DSH) with Suicidal Intent in NHS Highland during Covid-19 Emergency Care Measures**

(Not including alcohol intoxication unless the intention is to harm self)

**\*\*If presentation out with “Emergency Covid-19 Working Hours” follow usual DSH Pathway \*\***

**Presents to A&E**

**DSH Presentations in Locality areas *Skye, Lochaber and Caithness***

**Discuss with CAMHS Duty Clinician for advice – it MAY possible to provide local assessment or arrange urgent out-patient assessment to avoid hospital transfer / admission**

**Emergency Covid-19 Working Hours**

**Monday – Friday 9am – 5pm**

**Saturday and Sunday 9am – 4pm**

**Contact Details**

**Phoenix Centre – 01463 705 597**

**Bleep – 2273 (Weekends only)**

[**nhshighland.phoenixcentre@nhs.net**](mailto:nhshighland.phoenixcentre@nhs.net)

**Provide medical assessment and treatment as required**

***and***

**Complete appropriate risk assessment**

**Liaise with Phoenix Centre Duty Clinician as soon as possible (even if requiring medical treatment)**

**Medical treatment required**

**No (or short) medical treatment required / anticipated**

**Guidance for Completion Child Concern Form (CCF) and process if refusing admission remains as per usual pathway**

**Admit as per usual DSH with Suicidal Intent Protocol – CAMHS will review as soon as possible in relevant ward**

**(See usual pathway to determine ward)**

**CAMHS Assessment in A&E++**

**++Assessment can occur at this stage if young people are:**

**1. Fully orientated and free from intoxication (alcohol or substances)**

**2. There being an indication of likelihood of discharge e.g. remorse of events, settled family system etc.**

**Short Admission (Children’s Unit or Adult Medical Bed) may still be required if significant ongoing risk**

**Where this is the case CAMHS will review following day in ward**

**Admission ward to alert CAMHS Admin when patient arrives**

**CAMHS Assessment in ward – where practicable++ this could be prior medical treatment completing (e.g. Parvolex)**

**Discharging from A&E (prior to CAMHS assessment)**

**There may be situations where mental health risk is low and discharge possible from A&E prior to CAMHS assessment e.g. due to bed pressures, patient / family wishes to avoid Covid-19 exposure risk or patient / family wish to discharge against advice**

**In such cases CAMHS should be part of decision to discharge where possible and a plan in place for review (aiming for next day where able)**

**If out of hours ensure CAMHS referral is in place via telephone AND e‑mail with risk assessment, safety plan and contact details for family**



To minimise exposure to Covid-19, where medical treatment of admitted patients is complete CAMHS assessment may be carried out in Phoenix Centre – CAMHS Clinician and Ward staff to risk assess on individual basis

\*\*For further information please refer to DSH guidelines, self-harm risk assessment and child protection guidelines\*\*

**Child Concern Form (CCF) and Child Protection**

**Where CCF completed for Under 16’s then child protection guidelines to be followed and form copied to Social work, Child Protection Advisor and Ward. Parent / Carer to be informed of CCF completion.**