

Initial concerns

- Information from friends
- Disclosure of self harm
- Direct observation

Use the self-harm policy guidance and follow Care Pathway

No evidence of self harm thoughts or behaviour

- No Care Pathway actions
- Consider Early Help Assessment Framework if concerned that young person has additional needs
- Follow your internal safeguarding or EH procedures

Concerning response to Initial Discussion Record and policy guidance

- **Complete Risk Assessment** (with consent)
- Explain limits of confidentiality
- Discuss with colleagues: Designated Lead, school nurse, Primary Mental Health Practitioner

Low risk

- No Care Pathway referral required
- Ensure ongoing support for young person, parent/carer and professionals at Tier 1
- Monitor, record and reassess if concerns persist, complete Early Help discussion record

If additional needs identified

- Following safeguarding procedures

Medium or High Risk

- Send a copy of the Risk Assessment along with the webstar score
- If asking for a targeted service complete a targeted referral form
- Inform support network
- Co-ordination of support plan. May include: School nurse, Primary Mental Health Practitioner, Targeted Youth Support, school support staff, counsellor, parent/ carers, voluntary sector agencies
- Contact Compass on 0345 678 9021 for consultation/advice with PMHP. (Tier 2 direct work needs to link to the threshold document)

Emergency Action

- If self harm actions cause significant injury (e.g. deep cutting or an overdose) call emergency services
- Contact the Emergency Duty Team if out of hours and copy assessments to them if agreed.(0345 678 9040)
- If non-urgent but serious self-harm seek medical attention (e.g. school first aid or GP)

Action Plan and support for:

Young Person

Information and Advice sheet given YES/ NO

Helplines and Website given YES/ NO

Safety Net complete YES/ NO

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Parent/Carer

Information and Advice sheet given YES/ NO

Helplines and Website given YES/ NO

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Professionals (have a named person who will be the point of contact)

Consent

- Young people's and parent/carers consent should be obtained for screening and assessment - discuss with Primary CAMHS
- Consent is overridden if the young person (or a third party) is at risk of significant harm