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Scottish Borders Guidance:

a multi-agency approach to working
with young people at risk of self-harm
and suicide



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FOREWORD

All of us in Scottish Borders who work with children and young people are committed to keeping them safe and promoting their wellbeing. These revised multi-agency self-harm guidelines are intended to assist professionals through the process of supporting a child or young person who may be at risk of self-harm or suicide. The emotive nature of the issues associated with self-harm and suicide risk has to be acknowledged. The approach that we are promoting in these guidelines recognises the importance of prevention, early intervention and harm minimisation. What young people need from those who work with them is a sensitive, calm, non judgemental response to help them contain their distress and an opportunity to work through that distress to find solutions.

The guidelines provide information for staff on the early identification of risks and advice on key decision points, such as referral and information sharing with other professionals. They clarify the criteria for information sharing with parents/family members. The guidelines are part of a wider framework of policies and processes that are designed to be implemented as part of GIRFEC, alongside the 'Keeping Scottish Borders Children Safe and Well' tool and 'Vulnerable Young Person's Protocol'.

This latest update brings the guidelines up to date with newer national and local policy and strategy including the "Creating Hope Together Suicide Prevention Strategy (2022-2025) and the new National "Self-Harm Strategy and Action Plan (2023-27) - Supporting with Compassion" and links to a wider population based approach for all ages which aims to support suicide safer and mentally healthy communities in the Scottish Borders. There is also a national recommendation for approaches to self-harm and suicide prevention which are based on the principles of Time, Space and Compassion and fit within a trauma informed framework.

Guidelines are necessary but not sufficient to support good practice and therefore their launch will be accompanied by a rolling programme of multi-agency training for staff to build and maintain knowledge, skills and confidence. Information is also being provided in appropriate formats for parents, families and young people.

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INTRODUCTION

The purpose of this guidance is twofold: firstly, to provide an overview of self-harm and suicide, and to look at the similarities and the differences between them. Secondly, to outline a recommended pathway to guide professionals through the process of supporting young people who may be at risk of self-harm or suicide. The target audience for the guidelines is professionals working with young people from 12-18 years throughout Scottish Borders. However, the principles within this document are applicable to professionals working with children in the upper primary level (P6 & 7), and young adults.

Self-harm and suicide among young people are significant public health issues, however it is impossible to say how many young people are self-harming because very few talk about it. It is estimated that around 13% of young people may try to hurt themselves on purpose at some point between the ages of 11 and 16, but it is widely acknowledged that the actual figure could be much greater.

NSPCC's [Childline Annual Review 2018-19](#) reports that suicidal thoughts and feelings account for 10% of counselling sessions during the review period, and self-harm for 6%. This report also notes a rise in counselling sessions covering suicidal thoughts and feelings from the previous year among young people aged 11-18, with the largest rise in those aged 12-15 (from 7% - 10%), and between 8% -11% of sessions for all genders.

The latest Scottish Government Health Survey 2021 (published November 2022) indicates that 7% of young people between the ages of 16-24 had attempted suicide, while 25% reported that they had self-harmed (small sample). The impact of the Coronavirus Pandemic on children and young people cannot be underestimated.

A 2020 briefing note, also from Childline, states that in most counselling sessions where Coronavirus was mentioned children also talked about their mental health with some indicating that they were having suicidal thoughts, and some talking about using self-harm to cope.

The majority of young people who self-harm do not attempt to take their own life but some do. In Scotland, it is estimated that 24% of young people experience suicidal ideation at some point during adolescence and 6% will experience suicidal behaviour (Deans & Black, 2016).

The Scottish Government's [Creating Hope Together: Suicide Prevention Strategy 2022-2032](#) sets out the importance of ensuring that all actions around suicide prevention consider the needs of children and young people, and that their voices are heard.

[Scotland's Self-Harm Strategy and Action Plan \(2023-27\) Supporting with Compassion](#) recognises that only 1 in 4 people sought healthcare support following their most recent experience of self-harm, and for young people aged 18-24, the number seeking support from a healthcare professional was significantly lower than the adult average. It notes the importance of seeking to improve responses, by embedding both trauma- informed and Time, Space, Compassion approaches, across a varied range of supports and services. For example, healthcare services as well as community- based support and informal care and support provided by parents, carers, partners, and friends.

Where research has been carried out in order to provide a better understanding of self-harm and suicidal behaviour, a common theme emerging from the findings is that positive outcomes often arise when children and young people are supported by those who know them best, including family, teachers and other professionals. As a result, there has been a collective recognition within the research literature that schools and other frontline children's service agencies are well positioned to provide support (Hawton et al, 2012).

This is a recognition following the publication of the Children and Young Person (Scotland) Act (2014) and the Getting It Right for Every Child approach which states:

It is the duty of all professionals to identify and support the needs of children and young people holistically (Scottish Government 2015).

This includes assessing need against wellbeing indicators that aim to ensure all young people are supported towards being Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included, as described in National Practice Model (Appendix 1). Therefore, both research findings and recent legislative shifts highlight the important role that school employees and other frontline children's service professionals can play in supporting children and young people who are at risk of suicide or self-harm.

It is the intention of the guidance to provide all employees working with children and young people a shared understanding of self-harm and suicide. This will facilitate a consistent and supportive approach for young people who self-harm, have suicidal thoughts or attempt suicide. This guidance is also influenced by the National Inquiry into Self-Harm among Young People (2006) which found that: "over and over again, the young people we heard from told us that the experience of asking for help often made their situation worse. Many of them have met with ridicule or hostility from the professionals that they have turned to" (Mental Health Foundation 2006).

The objectives of the guidance aims to provide:

- A multi-agency shared understanding of self-harm and suicide in order to facilitate a consistent approach to support young people who self-harm, have suicidal thoughts or have attempted suicide
 - Awareness of self-harming behaviours in young people
 - Definitions, risk factors and warning signs of self-harm and suicide
 - An understanding of the function of self-harm and suicide, acknowledging the differences and relationship between these
 - An understanding of the rights of the child*, confidentiality, consent, child protection and information sharing in relation to self-harm and suicide and some of the issues related to this
 - Appropriate guidance which indicates to employees how risk should be assessed
 - Guidance relating to best practice and supports for young people and employees
 - Suggested assessment and intervention tools to support employees
 - Recommended supports and training opportunities for employees
 - A list of relevant local and national resources and contacts
 - Guidance which promotes emotional wellbeing and resilience
- Within the guidance and appendices are assessment tools and recording forms that can enable professionals to evidence their actions consistently.

Where there are concerns for professionals working with young people outwith this range, it is recommended that the concerns are raised with the establishment's link Educational Psychologist, Social Worker, School Nurse or local CAMHS team.

* Children's rights under the [United Nations Convention on the Rights of the Child \(UNCRC\)](#) include to be treated fairly, to be heard and to be as healthy as possible. A summary of all 54 articles is [here](#)

SECTION ONE

Understanding Self-harm and Suicide

SELF-HARM

“If I wanted attention, I’d walk out in the street naked” (Pembroke, 2005)

1.1 Definition

Self-harm refers to an intentional act of self-poisoning or self-injury, irrespective of the motivation or apparent purpose of the act, and is an expression of emotional distress (NICE, 2020)

It is widely accepted that self-harm is a strategy for coping with overwhelming emotional distress that a person is unable to resolve in another way. Self-harm is often a way of releasing feelings such as anger, sadness, confusion and self-hatred.

NICE Guidance on self-harm: <https://cks.nice.org.uk/topics/self-harm/>

NICE Guidance Self-harm: assessment, management and preventing recurrence
<https://www.nice.org.uk/guidance/ng225>

1.2 Types of self-harm

Self-harm can be a response to a sense of overwhelming emotional distress. The most common ways that people self-harm include:

- Cutting
- Burning/scalding
- Picking/scratching skin
- Hair pulling
- Ingesting objects or toxic substances
- Overdosing on medication (prescribed/unprescribed)
- Head banging
- Breaking bones
- Punching
- Biting self
- Self-trolling
- Risk taking behaviours which have a negative effect on a person’s physical health such as unprotected sex, alcohol consumption, over/under eating

1.3 Risk factors

There do not appear to be any fixed rules about why people self-harm. Its presence is not confined to any single age, gender, ethnicity or economic group. However, research findings indicate that certain social groups or environmental triggers are associated with increased vulnerability (Pembroke, 2005).

Such risk factors include:

- Family history of self-harm or suicide
- Minority social or ethnic groups
- Childhood trauma or abuse
- Socio-economic deprivation
- Mental health problems (such as depression, anxiety or eating disorders)
- Poor emotional regulation skills
- Transgender and gender diverse people
- People questioning their gender identity
- People experiencing same-sex attraction
- Lesbian, gay and bisexual people
- Substance use
- Experience of a significant adverse life event (such as parental separation, bereavement, relationship break-up or academic failure)
- Increased pressure at work or school
- Bullying or social isolation: including through use of social media
- Feeling rejected
- Offending behaviour

1.4 Why do young people self-harm?

Self-harm is a coping mechanism which enables a person to manage their emotional distress. Young people who hurt themselves often feel the physical pain is easier to deal with than the emotional distress they are experiencing. However, self-harm only provides temporary relief and, as such, does not deal with the ongoing underlying issues that a young person is facing. It is important to establish the underlying reasons for an individual's self-harm. The most effective support strategies will come from identifying both the risk factors specific to the individual, and the function of the person's self-harm behaviour.

Research studies have identified the following as potential reasons why people self harm:

- Regulate emotions
- Prevent suicide
- Avoid feeling numb or disassociated
- Signal emotional distress to others
- Connect with a peer group
- Gain a sense of control
- Self soothe/self care
- Self punish

SUICIDE

1.5 Definition

Suicide is defined as death that results from an intentional, self-inflicted act (NICE Guidelines 2004). Suicidal ideation is a term used when people have thoughts or an unusual preoccupation with suicide. This can range from fleeting thoughts to detailed planning. Suicidal behaviour is a term used to describe non-fatal acts of self-injury that are motivated by suicidal intent. Typically, this behaviour follows a period of suicidal ideation but only leads to completed suicide in a minority of cases.

NICE Guidance : Suicide prevention <https://www.nice.org.uk/guidance/qs189>

1.6 Risk factors

Anyone can be at risk of suicide and predicting suicide risk in young people is very difficult. Research indicates several risk factors associated with suicide have been identified including:

- Previous self-harm or suicide attempt
- Use of Alcohol/Drugs – lowers inhibitions, affects ability to think/act rationally, lowers mood and increases risk-taking behaviours
- Mental ill-health
- Young people who experience bereavement, or who are bereaved by suicide
- Feelings of hopelessness – having a lack of hope for the future
- Risk taking and impulsivity – common in young people. Suicidal thoughts can quickly escalate to action
- Students
- Care experienced young people
- Children and Young people who identify as LGBT and/or express fears over sexual and/or gender identity
- Catastrophic thinking or Rumination
- Developmental Age and Stage emotional responses
- Lack of positive friendships and social rejection by peers
- Fluctuating mood – rapid and intense shifts in mood are common in adolescence but can signal a more serious problem
- Availability of means and having a plan

Suicidal ideation is more likely to emerge if a young person feels defeated or humiliated and that they cannot escape from these feelings, they feel trapped. It is important that if you are concerned about a young person you should explore what is behind the worrying behaviour. The only sure way to know if a young person is thinking about suicide is to be direct and to ask them.

1.7 Why do young people attempt/die by suicide?

Suicide is attempted in order to end life. Suicide by young people can be difficult to predict and is rarely caused by one single event or factor. Rather there can be a cumulative affect where recent stressful life events, previous vulnerabilities in early life, impulsivity and risk taking behaviour, common in young people, combine. Suicide is attempted to stop pain, or due to an individual believing there is no point in living, they may feel trapped in their current situation and see no other way out.

1.8 The relationship between self-harm and suicide

The difference between self-harm and suicide is the intention of the act. Young people who self-harm use it as a means of coping with, and responding to, emotional distress with an intention to stay alive. Suicide relates to ending life. Establishing intent is paramount to understanding and managing risk as the severity of injury is not necessarily an indicator of intent. An individual may be confused about their motivation to harm themselves and therefore may need to be supported to gain understanding of their intentions. Self-harm is sign of serious emotional distress and while most people who self-harm will not go on to take their own life, longer term self-harm is associated with the risk of suicide.

1.9 Warning signs

<p>Self-harm and/or suicide</p>	<ul style="list-style-type: none"> Social withdrawal Evident changes in behaviour Discontinued hobbies or interests Noticeable changes in eating or sleeping patterns Alcohol or substance use Reduced concentration Self-defeating language Failure to take care of personal appearance General low mood/mood swings Running away from home Difficulties with peer relationships
<p>Self-harm</p>	<ul style="list-style-type: none"> Wearing long sleeves at inappropriate times Unexplained cuts, bruises, burns or other injuries Spending more time in private areas
<p>Suicide <i>Suicide in young people often occurs against a background of previous vulnerability and recent stressful life events. Warning signs may not be evident but may include:</i></p>	<ul style="list-style-type: none"> Previous episodes of self-harm or suicide attempts Researching or talking about methods of suicide Seeming calm after a period of turmoil such as being overly cheerful after a bout of depression Talking about wanting to die or comments such as 'I'll be off your back soon enough'



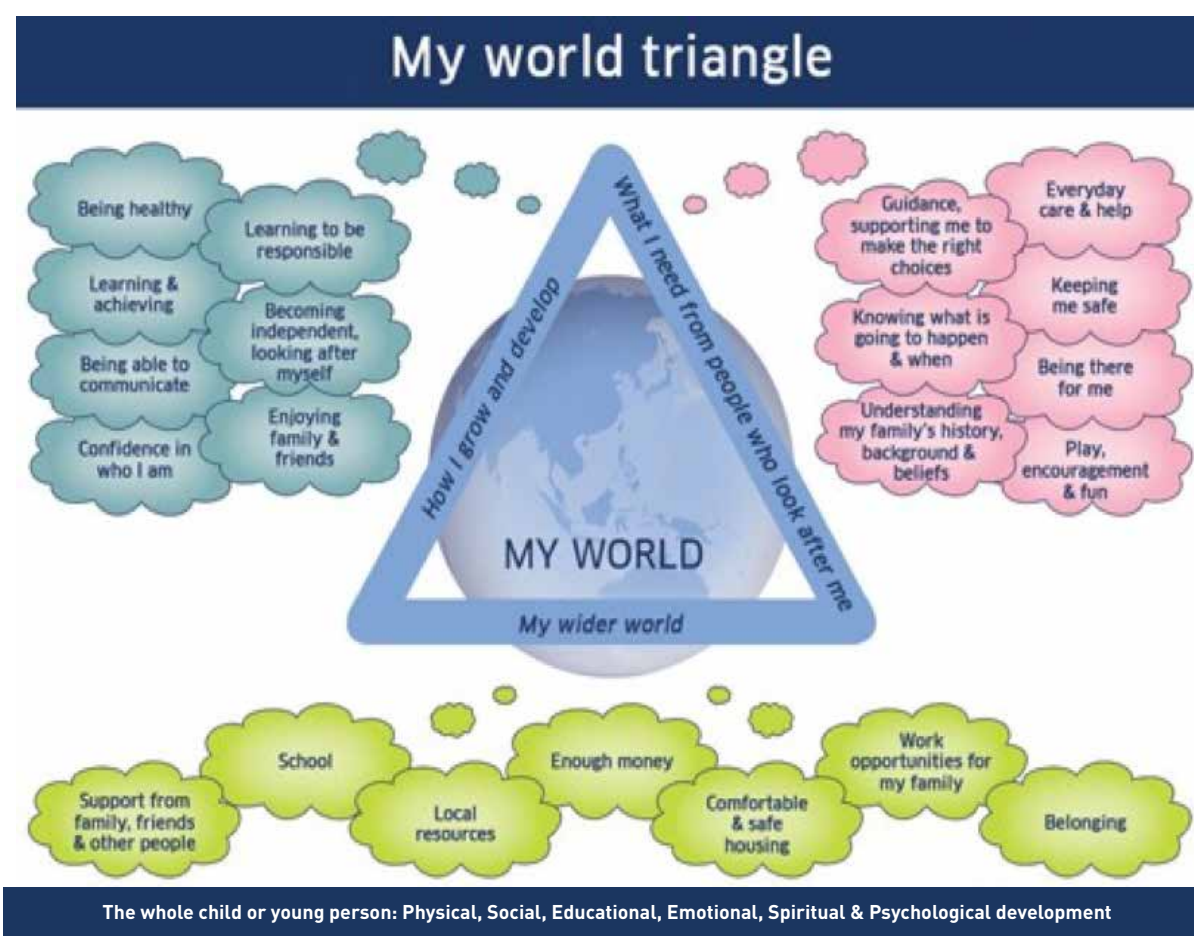
1.10 Protective factors

It is important to note that not all young people who are exposed to the aforementioned risk factors, or other emotionally distressing events, engage in self-harm or suicidal behaviour.

Kassam and Mendes (2013) explored factors that may protect young people despite their adverse experiences. Getting it Right for Every Child (Scottish Government, 2006), reflects many of the identified protective factors within the three categories of the 'My World Triangle':

- Individual to the young person
- Family and school
- The wider community

The My World Triangle below provides a detailed overview of protective factors.



Protective factors that are individual to the young person include:

- Protective factors that are individual to the young person include:
- Good physical health that comprises adequate sleep, good nutrition and physical exercise
- Ability to exercise self-control of behaviour, thoughts and emotions
- Feeling hopeful and optimistic for the future
- Good problem-solving & coping skills
- Sense of purpose/aspirations (this could include academic motivation, positive relationships or meaningful engagement with hobby or interest)

- Religious faith or spirituality
- Positive self-esteem
- Resilience

It is important to note that these individual factors are not fixed entities. Many of these skills or internal motivations can be learned or improved upon using techniques such as those described in Appendix 3.

Family

The quality and character of family support can be crucial to keeping young people from engaging in self-harm, or contemplation of suicide. Good consistent family support can help ameliorate trauma, reduce risk and sustain protective messages. This can support young people to remain resident at home.

Family related protective factors include:

- Young person has a secure attachment with parent or carer
- Young person has a positive supportive relationship with family or caregivers
- Young person is willing to talk to family about their concerns
- Family is supportive and adopts a non-judgemental perspective
- Low level of stress in the home environment
- Family have a good network of social support

School/Wider Community

Protective factors related to school and the wider community include:

- Young person has developed long-standing, positive and supportive friendships
- Young person feels a sense of connectedness with the school community
Young person has the support of a trusted adult
- School has a positive and nurturing ethos
Young person feels supported and achieving in school
- School staff are aware of how best to support young people who engage in suicide and/or self-harm
- Access to suicide or self-harm support services is readily available within the local community
- Young person has restricted access to means of suicide

Identifying existing protective factors and strengths that the young person can improve upon can act as a powerful support strategy and should always be considered when working with the young person to develop a record of discussion (Appendix 4).

SECTION TWO

Legal Issues

Confidentiality, Consent, Child Protection, Information Sharing and Data Protection

There are two over-arching principles that should guide all decisions relating to issues of confidentiality, consent, child protection and information sharing.

- The best interests of the child or young person involved must guide all decision making at all times.
- The child or young person should be consulted on their views at all times and these should be respected other than in exceptional circumstances (outlined below)

2.1 Confidentiality

Confidentiality is an essential requirement in supporting children and young people to work confidently with services at all times. The right to confidentiality is however, not absolute, and may be conditional depending on the circumstances. The law recognises that, in certain circumstances, the duty of care to an individual or third person is greater than the duty to respect confidentiality. Staff have a duty to act to protect people. If a child or young person is at risk due to self-harming behaviour or suicidal ideation then staff must notify the relevant services.

Children and young people have a right to confidentiality whenever possible and appropriate. For this reason it is essential to gain their consent before sharing information disclosed by them with parents, carers or other professionals. However, there are several exceptions when it is permissible to breach confidentiality without the child or young person's consent, including:

- When staff cannot be certain that the child or young person has sufficient mental capacity to consent
- That withholding information may obstruct the prevention, detection or prosecution of a serious crime
- When there is reasonable cause to believe that the presenting issues may constitute a child protection issue or urgent medical treatment is required
- And by virtue of a court order

As these factors might not be initially apparent, it is important to explain confidentiality procedures at the outset of any professional involvement. This explanation should aim to ensure that the young person understands that, whilst their views on privacy will generally be respected, this is not guaranteed given the reasons listed above. If it becomes necessary to breach confidentiality it is important to provide a specific explanation of why this is necessary and to let the young person know who the information will be shared with.

2.2 Child protection

Child Protection Procedures should be followed when:

- There is reasonable cause to believe the young person may be at risk of seriously injuring themselves
- The young person has expressed suicidal ideations
- There is reasonable cause to believe a young person has experienced, or is at risk of, significant harm from any form of abuse or neglect including sexual exploitation, trafficking and enforced labour
- Urgent medical treatment is required

2.3 Keeping children and young people safe and well

5 Risk Questions

- What has been happening?
- What is happening now?
- What might happen?
- How likely is it?
- How serious would it be?

The [Keeping Children and Young People Safe and Well Tool](#) provides multi-agency guidance to appropriate levels of support and protection using a 4 Staged Model (see Appendix 5)

2.4 Information sharing professionals

Appropriate sharing of information is at the heart of 'Getting it Right for Every Child' guidelines, which state that:

Practitioners need to work together to support families and where appropriate, take early action at the first signs of any difficulty – rather than only getting involved when a situation has already reached crisis point. This means working across organisational boundaries and putting children and their families at the heart of decision making – and giving all our children and young people the best possible start in life (Hawton et al, 2012).

HM Government, General Data Protection Regulation (GDPR), Data Protection Act (2018) usefully summarises seven 'golden rules' of information sharing for practitioners providing safeguarding services to children, young people, parents and carers:

1. Remember that the General Data Protection Regulation (GDPR), Data Protection Act (2018) and human rights law are not barriers to justified information sharing, but provide a framework to ensure that personal information about living individuals is shared appropriately
2. Be open and honest with the individual (and/or their family where appropriate) from the outset about why, what, how and with whom information will, or could be shared, and seek their agreement, unless it is unsafe or inappropriate to do so

3. Seek advice from other practitioners or your information governance lead, if you are in any doubt about sharing the information concerned, without disclosing the identity of the individual where possible
4. Where possible share information with consent, and where possible respect the wishes of those who do not consent to having their information shared. Under the GDPR and Data Protection Act 2018 you may share information without consent if, in your judgement, there is a lawful basis to do so, such as where safety may be at risk. You will need to base your judgement on the facts of the case. When you are sharing or requesting personal information from someone, be clear of the basis upon which you are doing so. Where you do not have consent be mindful that an individual might not expect information to be shared
5. Consider safety and wellbeing: base your information sharing decisions on considerations of the safety and wellbeing of the individual and others who may be affected by their actions
6. Necessary, proportionate, relevant, adequate, accurate, timely and secure: ensure that the information you share is necessary for the purpose for which you are sharing it, is shared only with those individuals who need to have it, is accurate and up-to-date, is shared in a timely fashion, and is shared securely (see principles)
7. Keep a record of your decision and the reasons for it – whether it is to share information or not. If you decide to share then record what you have shared, with whom and for what purpose

2.5 Consent

It is important to encourage young people to give consent for the involvement of other professionals. It can also be helpful to provide the young person with information regarding the kind of support other professionals are likely to offer, enabling the young person to make an informed decision.

Importantly: in the absence of any exceptions to the young person's right to confidentiality, any request not to involve other professionals should be respected.

For the purposes of data protection, a person over 16 is judged to have the capacity to consent to confidentiality. A child under 16 can also have the capacity, if they are deemed to have a general understanding of what is involved. In the absence of any indication to the contrary, children aged 12 or over are generally expected to be old enough to have the understanding to give their consent. However, the understanding or capacity of the child needs to be considered individually.

In most cases where the child is unable to consent, a person with parental rights and responsibilities should be asked to give consent on behalf of the child unless this places the child or others at greater risk.

Parents and carers

Professionals should work with the young person to explore the pros and cons of sharing information with parents and carers in the assessment and intervention process. However, where a young person does not wish their parents/carers to be informed following encouragement to do so, and none of the aforementioned confidentiality exceptions are present, then this right to privacy should be respected.

Managing responses in relation to consent

When young people are approached regarding information sharing, reactions can be categorised into three responses – agreeable, reluctant or refusal.

Agreeable

Most young people will be agreeable to sharing information with their family and/or other relevant professionals. Families are generally an important source of support.

Reluctant

Feeling anxious, embarrassed and/or uncertain about the responses of others can play a role in an individual being reluctant to share information with family and/or other professionals. Therefore, it is pertinent that workers provide reassurance and support to young people in relation to sharing information. This may also include support and information for families.

Refusal

At times reluctance to share information with family is realistic and appropriate. Priority should be ensuring the young person continues to engage with support while being encouraged to inform their family. As this process continues the person may be better placed to disclose to family members. There may be some cases where it will not be possible to inform or involve parents/carers. However, the following should be considered in relation to managing information sharing:

- Providing support to enable the young person to find ways to inform their family
- Considering whether a contributing factor to the young person's behaviour may be related to abuse perpetrated by a family member and the implications this may have in relation to disclosure
- The young person's safety is paramount and therefore it is important to acknowledge that disclosure may put them at risk of further harm within this context. Social Work involvement would be sought in relation to any Child Protection issues
- Reassuring the young person of the potential value of involving their family

While it is important to work at the pace of the young person, the best interest of the child or young person must always remain paramount.

2.6 Data protection

There are several principles taken from the GDPR (2018) that should be respected when sharing or storing information relating to young people who are involved with self-harm or suicide. The principles set out below are intended to help practitioners working with children, young people, parents and carers share information between organisations. Practitioners should use their judgement when making decisions about what information to share, and should follow organisation procedures or consult with their manager if in doubt.

The most important consideration is whether sharing information is likely to support the safeguarding and protection of a child.

- **Necessary and proportionate:** When taking decisions about what information to share, you should consider how much information you need to release. Not sharing more data than is necessary to be of use is a key element of the GDPR and Data Protection Act 2018, and you should consider the impact of disclosing information on the information subject and any third parties. Information must be proportionate to the need and level of risk.
- **Relevant:** Only information that is relevant to the purposes should be shared with those who need it. This allows others to do their job effectively and make informed decisions.
- **Adequate:** Information should be adequate for its purpose. Information should be of the right quality to ensure that it can be understood and relied upon.
- **Accurate:** Information should be accurate and up to date and should clearly distinguish between fact and opinion. If the information is historical then this should be explained.
- **Timely:** Information should be shared in a timely fashion to reduce the risk of missed opportunities to offer support and protection to a child. Timeliness is key in emergency situations and it may not be appropriate to seek consent for information sharing if it could cause delays and therefore place a child or young person at increased risk of harm. Practitioners should ensure that sufficient information is shared, as well as consider the urgency with which to share it.
- **Secure:** Wherever possible, information should be shared in an appropriate, secure way. Practitioners must always follow their organisation's policy on security for handling personal information.
- **Record:** Information sharing decisions should be recorded, whether or not the decision is taken to share. If the decision is to share, reasons should be cited including what information has been shared and with whom, in line with organisational procedures. If the decision is not to share, it is good practice to record the reasons for this decision and discuss them with the requester. In line with each organisation's own retention policy, the information should not be kept any longer than is necessary. In some rare circumstances this may be indefinitely, but if this is the case there should be a review process scheduled at regular intervals to ensure data is not retained where it is unnecessary to do so.

Finally, it should be noted that in cases of any doubt relating to the issues above, it is recommended that the professionals discuss the matter with a line manager while maintaining confidentiality at this stage. Further guidance can be found in the [Child's Planning Manual](#) and [Inter-Agency Vulnerable Young Person's protocol](#). Legal advice should be sought when necessary.





SECTION THREE

Having conversations about self-harm or suicide

REMEMBER if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their doctor should be the first point of contact or contact NHS 24 on 111. If you feel the individual is in immediate danger please call 999

It will be helpful when having conversations about self-harm and suicide to remain calm and patient no matter what the individual says or does. Try not panic or show personal distress. It is important to offer support in a private and quiet space ensuring that any immediate medical assistance required is sought. Asking open questions and actively listening to responses will support staff to build a better understanding of what is going on for the young person and potential appropriate supports. Talk less than the young person and say no more than a few sentences at any one time. Try to be brief and caring. Be interested in what they have to say, more than what you want to tell them.



The Scottish Government is supporting the Time, Space, Compassion approach which is about securing better outcomes for people experiencing suicidal crisis, through a focus on people's experience, human connection and relationships, offering a shared language, resources, and ways to connect and take action together and is just one part of a national programme, aiming to maximise the impact of national and local action to reduce deaths by suicide in Scotland.

Time Space Compassion promotes the [principles of trauma-informed](#) practice as well as a [Human Rights-based approach](#) to suicidal crisis support. It can also be used to support those who are at risk of self-harm, or those who find themselves in emotional distress or crisis.

Time. People in distress need time to be heard and to be able to explore their thoughts. And we know that accessing support in a timely way day or night without having to wait is an incredibly important step in being able to interrupt suicidal thoughts. Suicide is not inevitable.

Space. People need access to support in a way that feels comfortable and safe. A safe space can be a physical location or it can be over the phone and online. People should be able to access whatever space works best for them.

Compassion. Suicide is complex. There are often multiple factors which contribute to someone reaching a crisis point, so we must always see the person. Part of this is recognising that each person's circumstances are unique. It's also about taking a trauma informed approach. But ultimately, any response must be compassionate, understanding, and provide a trusted listening ear, where the person feels safe to open up.

What follows are some tips to help have the conversation within the Time, Space, Compassion approach

3.1 How to talk about self-harm

- Show compassion and respect
- Don't hold back on asking questions about self-harm, try to make the young person feel safe about discussing this, let them know you are available
- Recognise signs of distress and find a way of talking to the young person about how they are feeling
- Listen to their worries and problems and take them seriously
- Try to remain calm and reassuring, however upset you feel about the behaviour
- Pay attention to the healthier coping strategies that the young person has
- Offer help with problem solving
- Highlight that it is normal to feel tense and anxious when feeling low or upset
- Help the young person to understand that talking about worries and feelings is the best way to reach a solution
- Encourage all young people to raise worries they may have about friends who seem low or depressed, either with school or parents
- Accept your limitations and seek advice if you feel stuck or out of your depth
- Ask the young person if they have any suicidal thoughts or plans

3.2 How to talk about suicide

If the individual is at immediate risk of suicide and has a plan and the means to end their life call 999

- Talk openly about suicide and don't avoid the issue
 - Ask if the young person is experiencing suicidal thoughts. Be clear about the language being used and direct – 'are you thinking about ending your life?' or 'sometimes when someone is experiencing [their situation] they are thinking about suicide, is that something you're thinking about?'
 - Don't make promises to keep information secret
 - Be willing to listen and accept the individual's feelings
 - Try not to appear shocked
 - Be non-judgemental and don't debate the rights and wrongs of suicide
 - Don't minimise the person's thoughts, feelings, words or potential outcomes
 - Listen out for signs of hope that the individual may offer in the conversation and explore these
 - Find out how long they have been feeling like this and if they have a plan and the means to carry out suicide
 - Encourage them to talk about their support networks and where they could get further support. They might have told friends or family about how they are feeling or they may have support services involved.
 - Take action by removing any means they may have to complete suicide. Remember your own safety is also paramount
 - If the individual isn't at immediate risk get assistance from appropriate support agencies
 - Seek support from your line manager and colleagues
- During conversations about self-harm and suicide it is important to be aware of your own emotions and reactions to these subjects in order to manage how you engage appropriately with the young person you are talking with. This will be further explored in Section 5 -caring for ourselves as professionals.
- Child Protection procedures must always be considered. Remember to follow your agency's Child Protection procedures if you feel a child is at risk of significant harm.

REMEMBER: TIME, SPACE, COMPASSION:

Six Steps Guide Having the conversation about Self-harm or Suicide	
Steps	Action
Step 1	<ul style="list-style-type: none"> Do not panic, stay calm and find a quiet space
Step 2	<ul style="list-style-type: none"> Assess whether the young person requires immediate medical assistance?
Step 3	<ul style="list-style-type: none"> Ask open questions Listen to the young person Validate distress Ask if the young person has talked about this before
Step 4	<ul style="list-style-type: none"> Reassure the young person and confirm with them what you have heard Ask the young person 'are you thinking about suicide'? (You can use the "Be Suicide ALERT" prompt sheet at Appendix 6)
Step 5	<ul style="list-style-type: none"> Agree a way forward with the young person in line with the self-harm guidelines following confidentiality, child protection and information sharing procedures Offer information on local and/or national support services Make a record of discussion / safety with the young person using the RoD template within the guidelines (other examples of safety planning tools are also given in section four)
Step 6	<ul style="list-style-type: none"> Reflect on the situation Recognising your limitations and seek support Inform your line manager/Headteacher



SECTION FOUR

Assessment and intervention

4.1 Risk assessment

From an organisational perspective, it is important to conduct a risk assessment as this will guide later decisions relating to intervention strategies and determine the urgency with which it may be necessary to involve other partners. Furthermore, a risk assessment can help professionals evaluate whether the young person is safe to leave alone or whether monitoring procedures may need to be implemented.

Self-harm risk assessment and intervention

Low Risk

- Self-harm injury is superficial
- Underlying problems are short term and manageable
- No signs of low mood
- Current situation felt to be painful but bearable
- Unlikely to cause serious harm
- Infrequent or no thoughts of suicide
- No suicide plan

Action

- Empathetic listening
- Joint problem solving for underlying issues
- Discuss harm reduction – other strategies used (if you are unsure about harm reduction approaches, please discuss this with an appropriate manager)
- Talk to the young person about their safety
- Use a safety plan resource such as in the RoD, more detailed ones are also available see section 4.4
- Link to other sources of support/counselling
- Consider support from others who know about the young person's self-harm (peers/parents)
- Make use of line management or supervision to discuss particular cases or concerns
- Ensure there is on-going support for child/young person and review and reassess at agreed intervals

Moderate risk

- Current self-harm is frequent and distressing
- Situation felt to be emotionally painful but no immediate crisis
- Suicidal thoughts may be frequent but still with no specific plan or immediate intent to act
- Drug and/or alcohol use, binge drinking
- Changes in the type of self-harm

Action

- Ease distress as far as possible
- Empathetic listening
- Work with the young person and their support network to identify and reduce difficulties
- Consider safety of young person, including possible discussion with parents/carers or other significant figures
- Consider involving the young person's GP
- Use/review safety plan
- Consider consent issues for the above
- Seek specialist advice, if relevant
- Consider your agency's child protection procedures
- Discuss initial concerns with your line manager
- Consider support from others who know about the young person's self-harm (peers/parents)
- Make use of line management or supervision to discuss particular cases or concerns
- Consider increasing levels of support/professional supervision
- Ensure there is ongoing support for child/young person and review and reassess at agreed intervals
- Link person to existing resources
- Discuss alternative coping strategies - listed in Appendix 3 "Moderate risk".

High risk

- Frequency of self-harm increases
- Change in type of self-harm
- Situation felt to be causing unbearable emotional pain and distress
- Frequent suicidal thoughts which are not easily managed by the individual
- Specific suicide plan
- Significant drug and/or alcohol use
- History of alcohol or drug misuse
- Previous suicide attempt, or bereaved by suicide
- Injury requires hospital visit
- Final Acts – has the person said goodbyes or given away belongings

Action

If someone is at immediate risk of suicide and has a plan and the means to end their life call the emergency services

- Ease distress as far as possible
- Empathetic listening
- Work with the young person and their support network to identify and reduce difficulties
- Use/review safety plan
- Discuss initial concerns with your line manager
- Discussion with parent/carers or significant figures
- Involve GP and/or seek CAMHS referral
- Consider consent issues for referrals
- Consider your agency's child protection procedures
- Consider support from others who know about the young person's self-harm (peers/parents)
- Make use of line management or supervision to discuss particular cases or concerns
- Consider increasing levels of support/professional input
- Link person to existing resources and monitor these
- Ensure there is ongoing support for child/young person and review and reassess at agreed intervals

Suicide - risk assessment and intervention

Follow your agency's Child Protection procedures. If you discover that a person has made an attempt at their own life:

- Phone '999'
- Perform first aid if necessary and safe to do so. Seek the support of a first aider if you are not trained
- Encourage the person to talk, and listen in a non-judgemental manner
- Contact someone they trust such as a Parent/Carer or family friend (Refer to section 2)
- Seek the support of a first aider if you are not trained
- If a young person is at risk ensure they are not left alone

4.2 Considerations when talking to a young person about self-harm and suicide

- Treat the young person with dignity and respect
- Avoid confrontation
- Go at their pace
- Explain your limitations
- Name the issue
- Respond to the injury
- Do not over-react or panic

4.3 Recording meeting with the young person

It is important to help young people identify possible underlying factors that impact on their motivation to self-harm. Appendix 2 provides a template for recording discussions with young people. It is structured in a way which assists staff in identifying the level of risk present, considering who to share information with and establishing appropriate supports. It is for organisational use.

4.4 Recording of discussion with a young person (RoD)

A template to create a 'RoD' can be found within Appendix 4. The purpose of developing a RoD is to support the young person to identify factors that trigger their self-harm or suicidal behaviour with the aim of minimising or avoiding such behaviours, it includes a form of safety plan. At this time the young person should be encouraged to pick two or three alternative coping strategies from Appendix 3, preferably based on identified functions. This should be used to help identify key supports or resources that the young person can reach out to in future times of difficulty. These can be drawn from section 4.6 and/or include reliable family members, friends or staff whom they have a good relationship with. It is recommended that no more than two or three strategies are identified for each section to begin with, as implementing too many changes. Other examples of safety plans are available

- <https://staying-safe.net/ST/> (NHS Inform links to this one)
- <https://selfharmnetworkscotland.org.uk/safe-plan/> (is completed online, in manageable sections and can be downloaded to return to later if the young person can't fill it out all at once)
- <https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf> (Safety plan link on Samaritans website)
- <http://mhautism.coventry.ac.uk/wp-content/uploads/2017/02/MHAutism-Safety-Plan-.pdf> specifically for people with autism.

4.5 Alternative coping strategies

Appendix 3 provides a list of alternative coping strategies that may be particularly effective, given the identified function that the self-harm or suicidal behaviours appear to serve for the young person.

4.6 Harm minimisation and prevention approaches

A harm minimisation approach acknowledges self-harm as a coping strategy and contributes to creating environments that are conducive to openness and seeking support. In recognition that many individuals self-harm, for example, by cutting, staff should encourage young people to keep and maintain a basic first aid kit with advice and support being offered. A distraction box may be something that would allow a young person to distract themselves from how they are feeling. The distraction box can be any shape or size and can include anything (stress ball, picture, playlist of songs), whatever helps the young person to distract/move away from negative thoughts/ behaviours.

Advice on keeping safe

Remembering that self-harm is a coping strategy for young people, workers can support them to stay safe by doing the following:

- Encourage them to have a basic first aid kit and care for their wounds
- Encourage them to seek advice on safe places to cut
- Don't ask the young person to stop self-harming
- Reduce the risk of greater harm. This may include NOT removing the implement used
- Seek additional support if there are any changes to the method and/or severity of self-harm

4.7 Support and Resources

“Being silent isn’t being strong”

Researchers in California recently found that when placed in a challenging situation, participants who were asked to share their emotional state with others in the group reported feeling less stresses and produced less of the body’s stress hormones than those who were asked to keep any anxieties they had to themselves: suggesting a problem shared really is a problem halved (Kassam & Mendes 2013). However, mental health stigma has left many people unwilling to openly share their struggles, resulting in mental distress being a largely hidden issue; this can often exacerbate the problem. Support services are a valuable resource as they can offer confidential and impartial advice and help young people understand that it is normal to go through periods of difficulty in life.



Organisation	Service	Contact
A.D.A.M.	Is a website for young people who are concerned about, or may be affected by, another person's drinking.	www.chatresource.org.uk/adam
AyeMind	Making better use of the Internet, social media and mobile technology to support young people experiencing mental health issues and those working with young people.	www.ayemind.com
Borders Sexual Health	We offer advice on contraception and services, sexual health advice, testing and treatment for sexually transmitted infections and HIV care throughout the Scottish Borders. Phone: Mon- Fri between 9am and 1pm. There is no charge.	01896 663700 www.borderssexualhealth.org.uk
Breathing Space	Breathing Space specifically, but not exclusively, targets young men who are experiencing difficulties and unhappiness in their lives. The focus is to provide skilled assistance at an early stage and prevent problems escalating. Family members, partners and friends who are concerned about their own wellbeing and that of people they care about can also seek support.	0800 83 85 87 info@breathingspacescotland.co.uk www.breathingspace.scot
Child and Adolescent Mental Health Service (CAMHS)	We are a team of specially trained workers whose job it is to improve the mental health of children and young people by helping them with the things that make them worried, upset or angry. CAMHS Teams provide a multi-disciplinary outpatient service for children and young people who have moderate and severe mental health problems. We see children, young people and their parents from age 5, or sometimes younger, up to the age of 18.	CAMHS 01750 23715 CAMHS.secretaries@borders.scot.nhs.uk www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/child-adolescent-mental-health-services-camhs/
Childline	Free and Confidential Help for Young People – available 24 hours a day.	0800 1111 www.childline.org.uk
Children & Families Social Work	Should there be Child Protection concerns, Social Work should be contacted.	01896 662787 01896 752111 (outwith office hours)
Cruse Bereavement Care Scotland	Offers support to people who have experienced the loss of someone close.	0808 802 6161 support@crusescotland.org.uk www.crusescotland.org.uk
Cybersmile Foundation	Provides support to young people who experience on- line bullying. Support is available for those who engage in bullying behaviour.	0207 241 6472 info@cybersmile.org www.cybersmile.org
Educational Psychology Services	Psychological Services can offer assessment, advice and support to parents and teachers where there is a concern about child development, learning or behaviour. Every educational establishment has an identified educational psychologist.	0300 100 1800 www.scotborders.gov.uk/info/20041/support_for_pupils/803/educational_psychology_service

Organisation	Service	Contact
Harmless	A user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families, and professionals.	www.harmless.org.uk
Head Meds	A website supported by YoungMinds: provides accessible and useful information about mental health conditions & medication.	www.headmeds.org.uk
<i>At time of publication</i> Kooth (for 11-18 year olds)	At Kooth, we believe every young person has the right to thrive and to access high quality mental health care. Kooth is an online mental wellbeing community which provides free, safe, anonymous and personalised mental health support for Children and Young People.	www.kooth.com/
LGBT Youth Borders	LGBT Youth Borders works with and supports young people between the ages of 13 and 25 who identify as lesbian, gay, bisexual or transgender. We provide one to one and group support.	info@lgbtyouth.org.uk www.lgbtyouth.org.uk
LifeSIGNS	Self-Injury Guidance & Network Support is an online, user-led voluntary organisation founded in 2002 to create understanding about self injury and provide information and support to people of all ages affected by self injury.	07950705258 info@lifesigns.org.uk www.lifesigns.org.uk
NHS 24 Living Life	Living Life is a free phone service which offers phone support using cognitive behavioural therapy (CBT) based techniques for anyone in Scotland aged 16 and over with: <ul style="list-style-type: none"> • low mood • mild to moderate depression • anxiety • a combination of these symptoms You can refer yourself for an assessment by phone. Living Life offer 4 to 6 talking therapy sessions by phone. These are the stages Living Life work through with you, and they can often overlap: <ul style="list-style-type: none"> • first step – understand what’s affecting you at this time • second step – develop tools and strategies that support you to manage your mental health • third step – use the tools you’ve learnt about in your everyday life Living Life will also help you identify any further support that might help.	0800 328 9655. Monday to Friday, from 9am to 9pm

Organisation	Service	Contact
NHS24 Mental Health Hub	Phone NHS 24 on 111 if you're: <ul style="list-style-type: none"> feeling distressed in a state of despair suicidal in need of emotional support For an emergency ambulance phone 999. The website also has useful information	Call 111 - available 24/7 https://www.nhsinform.scot/illnesses-and-conditions/mental-health/ https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-support/mental-health-services-at-nhs-24/
No Panic Youth	Offers support to people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.	0330 606 1174 www.nopanic.org.uk
PAPYRUS HOPELINE UK:	free helpline for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide.	Call 0800 068 41 41 or Text:07860039967. Open weekdays, 9am -10pm, weekends and bank holidays 2pm- 10pm.
ParentLine Scotland	The national, confidential helpline provides advice and support to anyone caring for or concerned about a child.	0800 28 22 33 parentlinescotland@children1st.org.uk www.children1st.org.uk/help-for-families/parentline-scotland/
Quarriers Resilience for Wellbeing Service	Our service has a focus on early intervention and prevention to aid and improve wellbeing in young people to help them identify coping strategies and to promote an ethos of self-help.	Tel: 01896 668411 Text: 07937986558 borders@quarriers.org.uk
Samaritans	Personal crisis, risk of suicide and emotional support. Open 24/7 Open to anyone.	Call free from any phone 116 123 www.samaritans.org/Scotland
School Nursing Service	School Nurses and the wider team work in partnership with all agencies to support the health and wellbeing of children, young people and their families by offering 1:1 tailored support to assess and provide therapeutic interventions in a solutions focused way.	Contact BordersSchool.Nurses@borders.scot.nhs.uk
Scottish Autism Advice Line	provides emotional support and guidance when autistic people, their parents and carers, and professionals need it most. The advice line is open Tuesday–Friday, 10am–4pm (both phone line and LiveChat), and is closed at weekends.	Call 01259 222022 or e-mail advice@scottishautism.org Scottish Autism Advice Line website (click here)
Scottish Borders Suicide Prevention programme (previously Choose Life)	Scottish Borders suicide prevention programme is based in the Joint Health Improvement Team in the Public Health Department. The team can offer advice on guidance, provide training and sources of information.	01835 825 970 NHS Borders Wellbeing Point (click here)
Selfharm.co.uk	A project set up by people who have been affected by self-harm. It provides a confidential online chat forum for 10-17 year olds, downloadable resources and training.	www.selfharm.co.uk

Organisation	Service	Contact
Self Harm Network Scotland (Penumbra)	a website that offers support and information to people considering self-harm. An immediate chat service operates 7 days a week from 6pm–10pm or you can leave a message and someone will get back to you. The site also provides support and information for loved ones and professionals	www.selfharmnetworkscotland.org.uk
Share Aware	A resource for schools, teachers and parents to help keep children safe online. Offers helpful tools and tips.	NSPCC 0808 800 5000 https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching
Shout	a free and confidential 24/7 UK text messaging support service for anyone, including children and young people, who is struggling to cope.	Text 85258
TESS - Self Injury Support	TESS - Self Injury support for young adults in the UK affected by self-harm.	Text 0780 047 2908 www.selfinjurysupport.org.uk
The Mix	We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.	0808 808 4994 www.themix.org.uk
<i>At time of publication</i> Togetherall (for 16+)	Togetherall is a clinically managed, online community designed to improve mental health. We provide anonymous, peer-to-peer interactions so that as many people as possible can benefit from instant, easy-access and round-the-clock support when they need it. Togetherall is a place where people can feel safe to share feelings, support each other and start to feel better.	togetherall.com/en-gb/
YoungMinds	YoungMinds, offer information to children & young people about mental health and emotional wellbeing. YoungMinds also provides information and advice to parents & carers about young people's mental health & well being.	0808 802 5544 (Parents Helpline) Monday to Friday 9.30am-4pm parents@youngminds.org.uk www.youngminds.org.uk Young Minds also provide a crisis messenger service open 24/7 to anyone aged 25 and under. Text YM to 85258
Young Scot -Borders Wellbeing	Online guide and further information to support young people in the Scottish Borders with a range of information about health and wellbeing.	www.young.scot/BordersWellbeing



SECTION FIVE

Caring for ourselves as professionals

5.1 Looking after ourselves and others

Supporting young people who are engaging in self-harm and/or suicide behaviours can have an impact on our normal ability to function, psychologically, socially and emotionally. Experience and research have identified the steps to be taken by staff to ensure they are able to cope with such difficulties, and their ability to bounce back as quickly as possible.

Personal

The steps that we should take to look after ourselves are straightforward and unsurprising. They include:

- Keeping alert to the potential for compassionate fatigue
 - Talking to others about these issues and how you feel
 - If needed, looking for more professional support and debriefing after sessions
 - Ensuring that you maintain a positive work-life balance
 - Taking care of yourself – diet, sleep, exercise and careful use of alcohol and medication
- Care of colleagues

Ideally your organisation will have formal support structures, in particular:

- Peer support where you have regular and formal session in which you and a colleague can take turns to discuss and reflect on your professional practice
- Peer supervision where a colleague from your organisation or another provides regular sessions in which you are asked to discuss your professional activities and receive supervision, coaching or mentoring

Organisational Structure

All the evidence underlines the reality that staff cope better and recover quicker if their organisation has the following characteristics:

- A positive and supportive ethos where staff feel supported and valued
- The organisation encourages staff to discuss concerns and work collaboratively within a collegiate framework

- The organisation recognises that there can be a cost to caring and providing pastoral care to vulnerable young people. Therefore, there is an acknowledgement that staff's need for support may increase in correlation to the support they are providing children and/or young people
- Support plans and decisions about these young people should arise from careful discussions with other support staff and the responsibility for the care of these young people rests, not with one individual, but rather with the support team

Warning signs

The negative impact of caring varies from individual to individual and can affect them in a number of different ways:

- Physically – level of energy, ability to sleep, and tendency to fall ill
- Cognitively – struggle with memory, difficulty in coping with demands of their post, and task avoidance
- Emotionally – tendency to irritability, anxiety, depression and an overwhelming sense of sadness
- Socially – avoidance of social situations, preference to be on one's own or far more gregarious than before

Rather than looking to a checklist of indicators, it is more important to be aware of significant and lasting changes in mood, behaviour and performance. If you are concerned about yourself discuss these concerns with an understanding and helpful colleague, a colleague from another service who has psychological or counselling training, use your staff or union's welfare service or your GP.

Similarly, if you are concerned about a colleague, approach it sensitively but with the knowledge that you can find help and support for them.

When we look after ourselves, we are better able to care and support others.



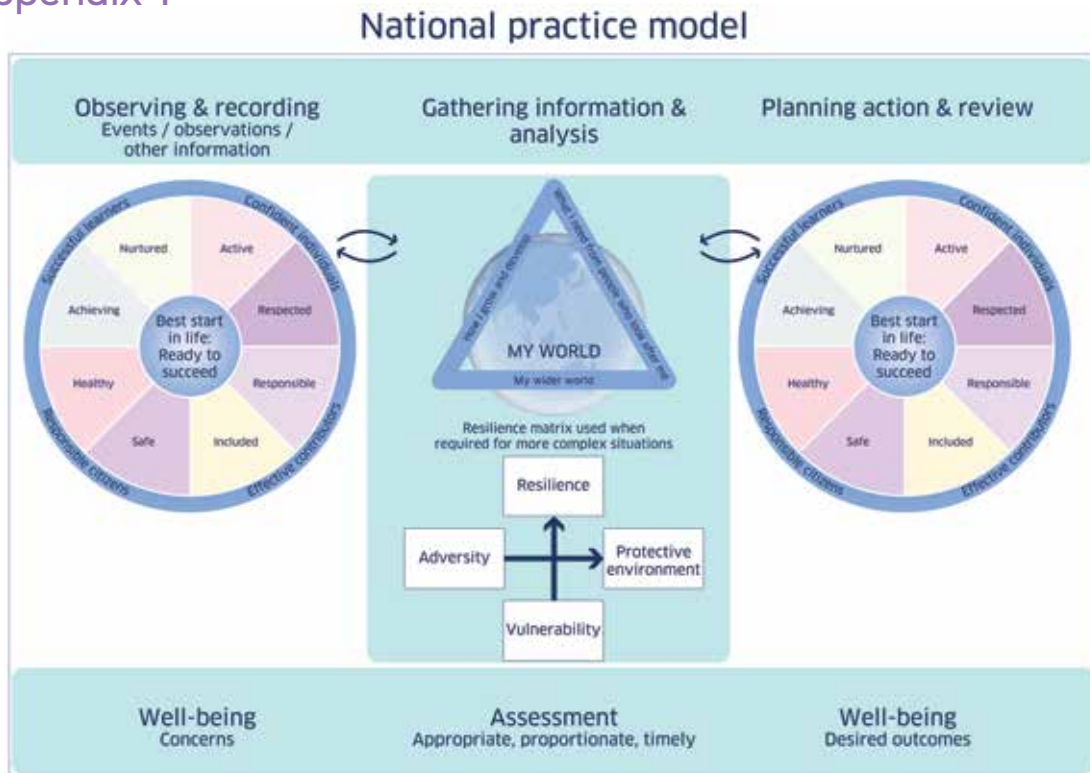
5.2 Training opportunities

Training	Audience	Outcomes	Contact
Applied Suicide Intervention Skills (ASIST)*	Offered to all living or working in Scottish Borders	ASIST is a two day workshop concentrating on suicide prevention and suicide alertness.	Health.Improvement@borders.scot.nhs.uk
safeTALK	Open to all	'Suicide alertness' Training – teaches skills such as how to recognise a person who is engaging in suicidal behaviour or having thoughts of suicide, and how to connect them to suicide intervention resources.	01896 802351 training@borderscarevoice.org.uk www.borderscarevoice.org.uk
Lifelines	Open to all	This online training provides an overview of self harm and how to support people who self harm.	www.selfharmlifelines.org.uk
Seasons for Growth	Open to all	Seasons for Growth is a peer support programme for children, young people and adults who have experienced significant loss or change. During this two day training course delegates become Seasons for Growth Companions enabling them to facilitate the programme in school and community settings.	seasonscoordinator@notredamecentre.org.uk carol.douglas@scotborders.gov.uk
Mental Health Improvement and Suicide Prevention - Informed Level Training	Open to all	This digital Mental Health Improvement and Suicide Prevention training package helps people to understand mental health and the importance of keeping mentally healthy; supports you to have compassionate conversations with people who may be experiencing mental distress or who are at risk of suicide and considers your role in suicide prevention and keeping people safe.	01896 802351 training@borderscarevoice.org.uk www.borderscarevoice.org.uk
Promoting children and young people's mental health and preventing self harm and suicide Informed level e-module -	Open to all	<p>This e-module is for staff working in health, care and wider services in Scotland who support children and young people who may be at risk of poor mental health, self harm or suicide. The aim is to help workers to understand the factors that influence mental health and resilience in children and young people, engage proactively with children and young people about mental health, self harm, and suicide and recognise when to seek help to support those in their care.</p> <p>It includes understanding the relationship between self harm and suicide risk, and understanding the importance of asking about and talking about self harm and suicide with children and young people.</p> <p>Completion Time: 30 minutes</p> <p>Course structure: Self-directed e-learning module on the NHS 'TURAS' website (you will need to register for an account before you can access this)</p>	Promoting children and young people's mental health and preventing self harm and suicide Turas Learn (nhs.scot)

Training	Audience	Outcomes	Contact
Self-Harm and Suicide Prevention for Children and Young People – skilled level training	Open to all	<p>This is a bespoke half day training session facilitated by Health Improvement Specialists from the NHS Borders Public Health Team.</p> <p>It is aimed at anybody working with children and young people who are likely to have direct and/or substantial contact with those who may be at risk of self-harm or suicide. The content is drawn from the NHS Education for Scotland Skilled Level packages for Self-harm and Suicide Prevention.</p> <p>The session covers:</p> <ul style="list-style-type: none"> • Facts and trends associated with self-harm and suicide in young people; • Common risk, protective and stress factors related to self-harm and suicide in young people; • An awareness of the impact a sensitive, compassionate approach can achieve when discussing self-harm and suicide (using the principles of Time, Space and Compassion); • The links between self-harm, suicidal thoughts and trauma informed practice and; • Approaches to support including the steps involved in safety planning. <p>Anyone attending this training must first complete the Informed Level e-module 'Promoting children and young people's mental health and preventing self harm and suicide' on the NHS 'TURAS' website. (above)</p>	health.improvement@borders.scot.nhs.uk
Scottish Mental Health First Aid: Young People*	Open to all	The SMHFA course is a 2 day training course. The training is appropriate to partners working with YP (including 3rd Sector, Voluntary, Education, Health & Psychological services).	01896 802351 training@borderscarevoice.org.uk www.borderscarevoice.org.uk www.smhfa.com
Be suicide ALERT	Open to all	The Be Suicide ALERT training session helps you to recognise the signs that someone might be thinking of suicide, feel more confident in asking about suicide and know where to signpost for further help. Through this session you'll have the opportunity to consider your role in suicide prevention and how the ALERT model can be applied in practice.	Health.improvement@borders.scot.nhs.uk

* these courses are delivered in person, please contact Borders Care Voice for more information about the current situation regarding any Covid restrictions.

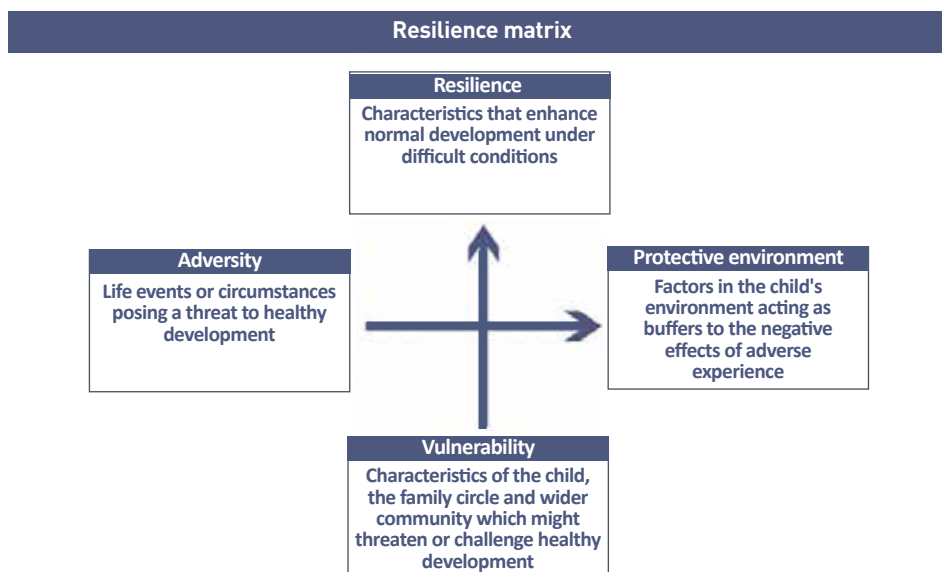
Appendix 1



The GIRFEC National Practice Model provides a framework for practitioners and agencies to structure and analyse information consistently so as to understand a child or young person's needs, the strengths and pressures on them, and consider what support they might need.

It defines needs and risks as two sides of the same coin. It promotes the participation of children, young people and their families in gathering information and making decisions as central to assessing, planning and taking action.

The National Practice Model is a dynamic and evolving process of assessment, analysis, action and review, and a way to identify outcomes and solutions for individual children or young people. For more details on the National Practice Model and how the Resilience Matrix can be used please refer to www.scotland.gov.uk/Topics/People/Young-People/gettingitright/national-practice-model/



Appendix 2

RECORDING OF MEETING WITH THE YOUNG PERSON

Concern: Self-harm and/or suicide behaviours.

Name of young person

Place of meeting Date and time

Interviewed by Post

Overall appearance

Description of suicide/self-harm behaviour, including injury (if applicable)

- Have there been previous incidents of self-harm?
- Has there been a change in how the young person has self-harmed?
- Does the individual have any thoughts of suicide?
- Does the young person have a plan to take their life?

Needs identified

Practical, physical and emotional support needed – both immediate and long-term

Function of the young person's behaviour

- Possible questions could include:
- How do you think your self-harm helps you?
 - Do you know why suicide is important to you?
 - Does that make sense?
 - Do you know how it helps you?

Other points/issues from discussion

Next steps (agreed with the young person and professional steps) Detail what information can be shared and with whom

Name of agreed adult
contact

Telephone

Recommendations or advice given

Appendix 3

ALTERNATIVE COPING STRATEGIES – GROUPED BY IDENTIFIED FUNCTION

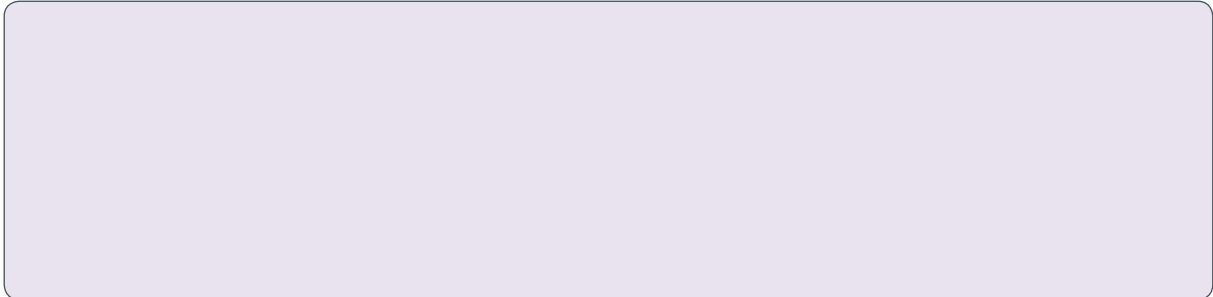
<p>Emotional distress</p> <ul style="list-style-type: none">• Watch some comedy or other light-hearted show• Draw or paint• Listen to uplifting music• Write out thoughts or feelings in a journal• Carry 'safe' objects in pockets, anything that feels right that can occupy hands and distract attention when the urge to self-harm occurs (for example a precious stone or stress ball to rub or squeeze when feeling anxious or low)
<p>Prevent suicide</p> <ul style="list-style-type: none">• Don't keep your feelings to yourself – reach out to someone you trust. Don't let shame or embarrassment prevent you from seeking help• Make your environment safe – remove things that you could use to cause harm to yourself such as knives, pills, razors• Call a helpline such as Childline• Promise not to do anything within the next 24 hours. Re-evaluate your feelings once the time has elapsed
<p>Signal emotional distress</p> <ul style="list-style-type: none">• Have regular check-ins with a trusted adult, perhaps a teacher, sports club leader or family friend• Write down a list of your strengths and talents – aim to spend more time on these so that attention can be gained for positive achievements• Spend time with people who love and value you
<p>Escape from feeling numb</p> <ul style="list-style-type: none">• Chew something with a strong taste (chilli or mint)• Draw on yourself with a red pen• Have a cold shower• Squeeze ice
<p>Gain a sense of control</p> <ul style="list-style-type: none">• Write down your main goals in life, whether it be achieving something or improving your mental health, then try to break each goal into the small steps that are required to get you there. Start working through this list to give you a sense of control over where you are heading in life• Take on a role that carries responsibility or elements of decision making such as a part-time job, pupil council representative, team sports or work in the voluntary sector
<p>Connect with others</p> <ul style="list-style-type: none">• Call, text or arrange to meet up with a friend• Create a list with a close friend of positive things you want to do or achieve in the next year or before you finish high school• Avoid triggering media content such as pro self-harm or suicide websites. Try joining more positive online forums such as a recovery group or general chat for young people
<p>Self-care</p> <ul style="list-style-type: none">• Have a massage or give yourself a manicure• Volunteer in your local community• Spend time with people who love and value you
<p>Self-punishment</p> <ul style="list-style-type: none">• Do some physical exercise• Write down how you feel on paper, then rip it up• Create a memory box which contains a list of the good things in your life, achievements and photographs of happy times. Look through this when you are feeling down• Try to release negative energy by hitting a punch bag or pillow

Appendix 4

RECORDING OF DISCUSSION WITH THE YOUNG PERSON

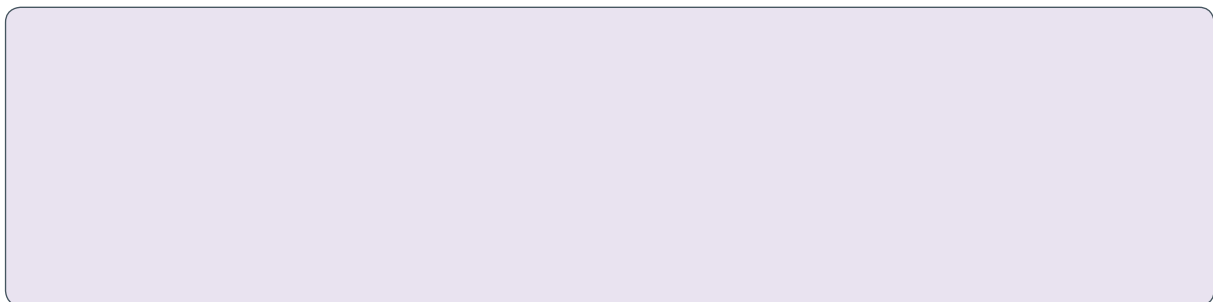
Risks to avoid

How to keep myself safe

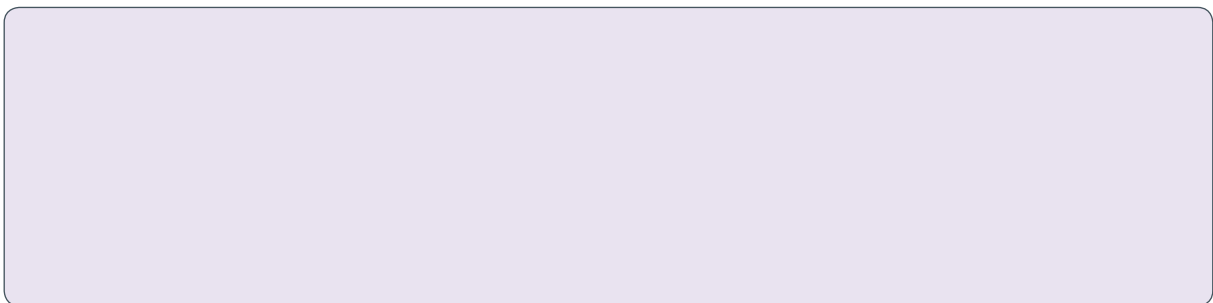


My resources

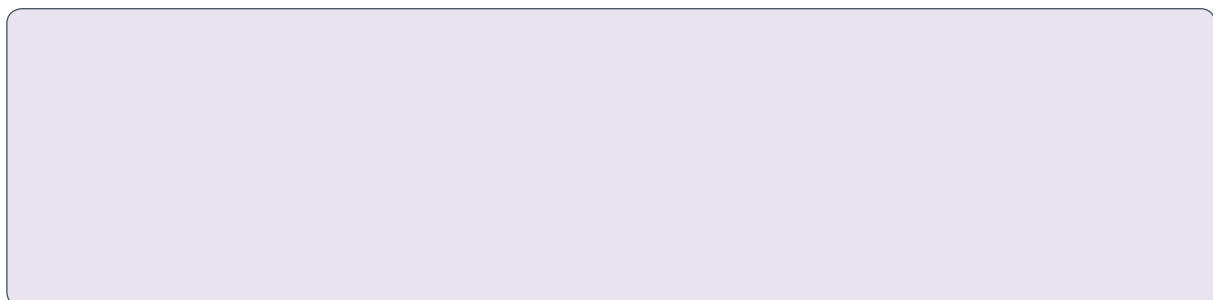
Things that I can do that will help



Who can help me and how



Safety

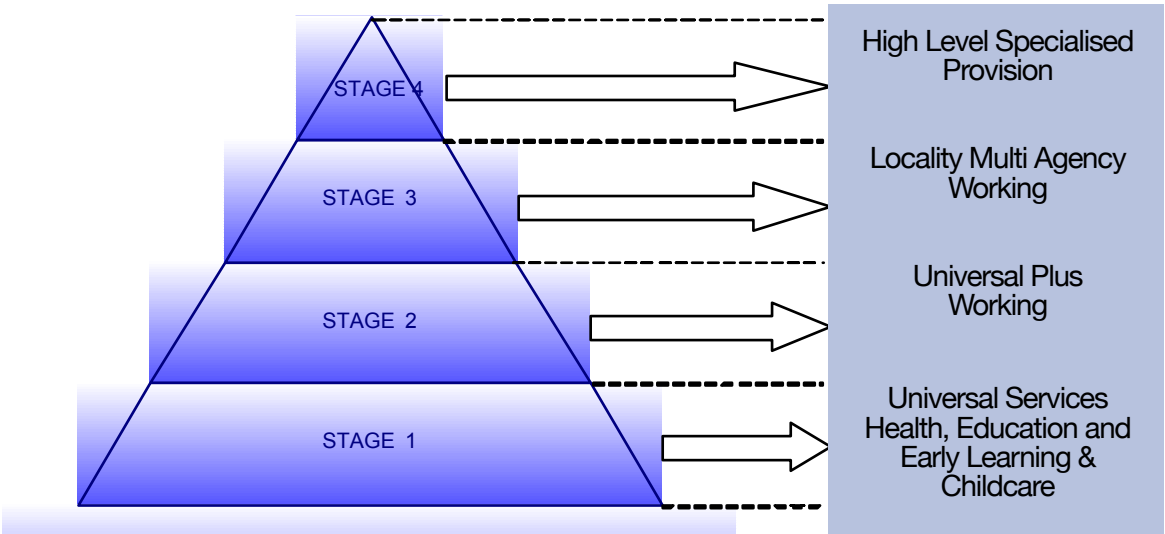


Appendix 5

KEEPING CHILDREN AND YOUNG PEOPLE SAFE AND WELL TOOL

This tool is guidance to support all agencies to gauge appropriate levels of support and protection using 'stages' that correspond to the 4 Staged Model of Support. The majority of children and young people will have their needs met at stage 1. For those who need additional support their move through the stages is dependent on their individual assessed need/risk at any moment in time. It should be noted that children who need support beyond stage 1 will not necessarily systematically move through all of the stages. Need and risk are dynamic factors in every child's life. Therefore movement between the stages is dependent on the child's circumstance at any given time, and requires practitioners to apply professional judgement and assessment to inform appropriate response to need/risk. The example lists of descriptions of children throughout the tool are not meant to be exhaustive but will be a guide only.

Staged Model of Support for Children and Young People



**This model is currently under review*

Appendix 6

Be Suicide ALERT prompt sheet



Talking to someone about suicidal thoughts and feelings can be extremely difficult. If you are unsure whether someone is suicidal, the best way to find out is to ask them if they are thinking about suicide. This shows you care and they are not alone. Don't worry about not getting it right or saying something wrong, just try your best and if something doesn't come across right then just be human and apologise to set you back on track. You're not expected to be an expert in suicide prevention, just to listen to the person and help direct them to further support

Someone may be at risk of suicide if they:

- Talk about wanting to die
- Have been stressed or anxious and don't seem to be coping

ASK if you think someone may be thinking about suicide	We want to build up a rapport with someone and establish trust. We want to know: <ul style="list-style-type: none"> • Is the person feeling suicidal? • Do they have a plan? • Do they have means to carry out that plan? • Are they or anyone around them at immediate risk?
LISTEN carefully to what the person is saying	
ENCOURAGE them to talk further to friends, family or support services.	
What action do you take RIGHT NOW?	
No suicidal thoughts or behaviour	NHS Borders Wellbeing Point, Wellbeing Service
Experiencing suicidal thoughts or behaviour but do not have a plan to end their life.	GP, NHS24 Mental Health Hub, Suicide Safety Plan, Breathing Space, Samaritans, SHOUT crisis text service, Stay Alive App.
They have a plan to end their life, but no means or do not intend on using the means at present.	*Take action to keep them safe / disable plan* GP support, Suicide Safety Plan, NHS24 Mental Health Hub.
They are at immediate risk of ending their life or others are at risk.	Emergency services – take them to A&E or call 999
TALK to someone	It's important you identify who you can talk to if you have been speaking with someone who is suicidal.

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CHILDREN AND YOUNG PEOPLE

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