

Safety Information for Young People and Families

If someone's life is at risk – for example, they have seriously injured themselves or taken an overdose, or you do not feel you can keep yourself or someone else safe, **attend A&E, or call 999**. A mental health emergency will be taken as seriously as a physical one. You will not be wasting anyone's time.

If you need medical help or advice, but it is not a life-threatening situation, **call 111**.

If you or someone you know is in crisis, and needs someone to talk to, call the 24/7 Mental Health Connect line (Cornwall Foundation Trust) for free on **0800 038 5300**.

Self Harm Safety Information

Self-harm is when someone hurts themselves, usually physically to relieve/cope with feelings of distress on the inside. People sometimes self-harm when life feels hard to cope with.

We know how difficult it can be for people to tell their loved ones when they are struggling. It might be helpful for you as a family to think of ways that your child/young person can let their family know when they need support. Ideas could include agreeing on a set emoji you can send, standing in a pre-agreed part of the home or wearing a certain colour.

Like most feelings, the urge to self-harm begins to pass over time. You/your child might find it useful to consider trialling alternatives/distractions to self-harm thoughts and urges.

These could include:

- distracting yourself by going out for a walk, listening to music, or doing something else harmless that interests you
- squeezing ice
- drawing on the place they/you want to self-harm in red marker
- using an elastic band to ping against their arm.
- calming breathing exercises
- writing down your feelings – no one else needs to see it. We also recommend using helplines/text lines (see overleaf) to have your feelings listened to by others.

TIPP Skills have been shown to support young people learn to ride emotional waves with practice: <https://dialecticalbehaviortherapy.com/distress-tolerance/tipp/>

T - Temperature- using ice on the face or wrist this shocks our body core temperature and enables self-regulation. Only if feeling safe to do so

I - Increased exercise such as running on the spot, star jumps

P - Paced breathing

P - Progressive muscle relaxation

Whilst trialling alternative and new strategies it is also important the home environment is kept safe to reduce the risk of accidental harm occurring. This includes:

- locking medications, sharp items, knives, and hazardous liquids in a secure container
- removing from/reducing the amount of them in the family home

External Nationwide Services

Childline

Free and confidential help for young people in the UK.

Go to www.childline.org.uk or call for free 24/7 on 0800 1111 the number will not appear on any phone bill.

The Samaritans

Whatever you are going through, you can call the Samaritans at any time, from any phone for FREE. Call 116 123 to talk to Samaritans or email: jo@samaritans.org for a reply within 24 hours

SHOUT

Shout is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support. They can help with a range of issues including anxiety, depression, suicidal thoughts, relationship problems, bullying or if you are feeling overwhelmed. Text SHOUT to 85258 or go to www.giveusashout.org

YoungMinds Textline

If you are a young person struggling to cope, text YM to 85258 for free, 24/7 support.

Whatever you are going through, if it matters to you, it matters to us.

www.youngminds.org.uk/young-person

YoungMinds Parents Helpline

The YoungMinds Parents Helpline is open from 9:30am – 4pm, Monday – Friday. Their advisers will listen and talk through your concerns in complete confidence. They can help you understand your child's behaviour and give you practical advice on what to do next. And if you need further help, they'll arrange for one of their independent, experienced professionals to call you for a 50-minute telephone consultation within 7 days.