

7. Training and Support

Further training on self harm is available at the following links:

- E-learning module: [Self Harm: Children and Young People](#)
- Classroom course: [Self Harm](#)

6. Levels of Risk

- The NCASP procedure identifies 3 levels of risk (low, moderate and high risk) and outlines the questions to be asked and the actions to be considered or taken at each level.
- It also sets out the referral pathway for each level of risk.



5. First Contact: Baseline Risk Assessment

- Early initial baseline assessment is crucial to ensure the young person gets timely and appropriate support.
- This should be done as soon as a worker is aware of the self-harming behaviour and should include:
 - Initial questions to gauge the degree of existing or imminent harm and the frequency and intensity of self harm
 - Identify any additional risk factors including causal factors, other risk-taking behaviour, suicidal thoughts.
 - Discuss who knows and who needs to know about the self harm (eg parents, GP) – agree next steps.



4. Principles Underpinning NCASP Procedures

- Safeguarding the child or young person is of paramount importance
- Recognising self-harm as a real and sensitive issue
- Each young person to be treated as an individual
- Ensure the implementation of equal opportunities
- Young people to be made aware of the local Confidentiality & Information Sharing policy
- Work towards minimising harm and give coping strategies where appropriate
- Recognising the young person may be part of a family unit
- Support to be offered to families
- Where necessary intervention will be achieved through ongoing communication with the young person

1. NCASP Procedures for Self Harm

- [The Northumberland Procedure for the Management of Self Harm and/or Suicidal Behaviour in Children and Young People](#) provides guidance for staff from any service or agency who identify children/young people who are using self-harm as a coping strategy for emotional distress.
- Its aims are to ensure the young person is safe, improve the quality and consistency of support they receive (whoever they tell), to enable workers to respond appropriately and ensure effective joint working by service providers

2. Definitions of Self Harm

- Self-harm** describes a wide range of things that people do to themselves in a deliberate and usually hidden way.
- In the vast majority of cases self-harm remains a secretive behaviour that can go on for a long time without being discovered.
- Self-harm can involve (but is not limited to):**
 - cutting
 - burning or scalding
 - hitting or scratching
 - breaking bones
 - hair pulling
 - swallowing toxic substances or objects.

3. Why Young People Might Self Harm

- Cope with feelings like sadness, self-loathing, emptiness, guilt, and rage
- Express feelings they can't put into words or release the pain and tension they feel inside
- Feel in control, relieve guilt, or punish themselves
- Distraction from overwhelming emotions or difficult life circumstances
- Make them feel alive, or simply feel something, instead of feeling numb