



Appendix A

Children and Young People's (CYP's) Self-harm and Suicide Prevention Pathway

A collaboration between The Royal Borough of Kingston, Richmond & Wandsworth, Croydon, Merton and Sutton Borough Councils.

Understanding Self-Harm and Suicide
www.swlportus.co.uk



Categories of Need

Coping: • Good understanding of ways to maintain mental health • No evidence of persistent psychological distress • No evidence of self-harm • Knows how to support peers who are experiencing difficulties • Displays resilience when faced with challenges and set-backs • Knows where to get support when needed • Good support networks • Trusting relationship with significant adult	Getting Help: • Minimal harm (wounds that do not require medical attention) • The self-harm behaviour is not persistent • There is no accompanying risk-taking behaviour or concerns about their safety or the safety of others • The behaviour is related to personal and social circumstance which may include peer influence • Has ongoing support • Suicidal thoughts are infrequent, fleeting and easily dismissed • No specific plan or intent • The impact on daily life is minimal	Getting More Help: • The self-harm behaviour is established and routine • The behaviour is being used as a regular coping strategy • The self-harm behaviour is linked to other risk factors which could impact on the severity of the self-harming (linked to alcohol and substance use) • Suicidal thoughts are frequent but fleeting • No specific plan or intent • The impact on daily life is moderate	Getting Risk Support: • Increasing self-harm behaviours, either frequency, potential lethality or both • The self-harm behaviour is part of a complex mix of behaviours which increase the risk to the child/young person • There is evidence that without clinical intervention the severity of the self-harm will escalate • The child/young person may have a mental health disorder • Frequent suicidal thoughts which are not easily dismissed • Specific plans in place and access to lethal means • The impact on daily life is high • Previous or recent suicide attempt
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If you have an immediate concern that requires an immediate response

Physical Health Response

If you are concerned that there is an immediate risk to the young person's physical health

Response:

Call an ambulance or take to nearest A&E

Mental Health Crisis

If you are concerned that there is an immediate risk to the young person because of significant emotional distress

Response:

Dial 111 and select option 2

Safeguarding Concern

Response:

Contact Kingston & Richmond

To make a referral online contact:
[Single Point of Access](#) ►

During Office Hours, call:
020 8547 5008

Outside Office Hours, Emergency Duty Team call:
020 8770 5000

Response:

Contact Wandsworth

To make a referral online contact:
[The Multi Agency Safeguarding Hub](#) ►

During Office Hours, call:
020 8871 6622

Outside Office Hours, Emergency Duty Team call:
020 8871 6000

Response:

Contact Merton

During Office Hours, call: **020 8545 4226 or 020 8545 4227**

Outside Office Hours, Emergency Duty Team call: **020 8770 5000**

Response:

Contact Sutton

During Office Hours, call: **020 8770 6001**

Outside Office Hours, Emergency Duty Team call: **020 8770 5000**

Response:

Contact Croydon

During Office Hours, call: **020 8255 2888**

Outside Office Hours, Emergency Duty Team call: **020 8726 6400**

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