



ADVICE LEAFLET FOR PARENTS AND CARERS FOLLOWING A CHILD'S SELF-HARMING BEHAVIOUR

It can be a very worrying and difficult time if your child is self-harming. The reasons children and young people self-harm are often complicated and will be different for each person. Sometimes a child or young person may not know the reasons they self-harm and for many, self-harm can feel like a way to cope with difficult feelings or to release tension.

How to help your child

- Be open-minded and not make assumptions
- Remember that they are not doing it for attention – it's a way of letting out the pain on their terms
- Let them know you are there to help, and aren't going to judge them
- Don't put too much pressure on them to stop or force them to talk when they're not ready
- Listen to them and offer reassurance – things like "I'm proud of you" "we will get through this together" and "I recognise your pain and want to help"

Parent/Carer Self Harm Guides

The following two guides will help you learn more about what self-harm is, what the signs are and where to get support.



<https://www.youngminds.org.uk/parent/a-z-guide/self-harm>



https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf

Support for You

There is free local and national support available to ensure you support your own mental health as well as your child. Some of these services are listed below:

Qwell – Provides free online mental health counselling and self-help support to parents and carers in Bolton who are struggling with their own mental health or would like support to manage their child's mental health. Access is free and anonymous on www.qwell.io

ChatHealth – Parents and carers in Bolton can text a healthcare professional for confidential information and support around a range of topics including child development, emotional health and wellbeing and behavioural issues. This service is provided by NHS Bolton Foundation Trust and accessed by texting 07507 331751

Parents Helpline – The Young Minds Parent Helpline is available Monday – Friday, 9:30 – 4pm for detailed advice, emotional support and signposting about a child or young person aged up to 25. Call a trained advisor for free on 0808 802 5544

I-Thrive Parent Peer Support – Raise the Youth Foundation, Breaking Barriers and Zacs Youth Bar are providing free peer support to Bolton parents and carers who have a child experiencing mental health difficulties. To access further information and support email a short description of your situation to IThrive@boltontogogether.org.uk

Urgent Help

If you or your child require urgent help, the following services are available:

Greater Manchester Mental Health (GMMH) Crisis Line – Call 0800 953 0285 (For anyone living in Bolton, Manchester, Salford or Trafford)

Papyrus HopelineUK – Call 0800 068 4141 (open 9am – midnight every day of the year)

SHOUT – Text 85258

If there is an immediate risk of danger to life you should ring 999

Wellbeing Programmes

Free wellbeing programmes are available to anyone over 16 that lives in Greater Manchester.

Living Life to The Full – Online courses for anyone affected by low mood, anxiety or depression
<https://www.gmhealthhub.org/feeling/living-life-to-the-full>

Silver Cloud – Online programmes to help ease levels of stress, sleep better or to build resilience
<https://gm.silvercloudhealth.com/signup/>