

**Useful information to help keep your young person safe during the
Coronavirus outbreak.**

Risk Level	Presentation	Initial actions	Service options
Low	Self-harm as coping mechanism; Fleeting thoughts of suicide but no intent or plan; Protective factors evident including support network, hope of recovery, seeking help.	As a parent/carer this may feel particularly difficult however it is useful to acknowledge distress, identify options to address underlying difficulties and agree a plan with the young person; Ensure all sharp items, medication and any dangerous substances are kept safely locked away – it can be useful to explain to your young person that this about keeping them safe and not about punishing them for them feeling unsafe at such a difficult time.	Contact duty worker at CAMHS to discuss 9-5 Monday to Friday on 01246 514412 Contact 111 if needed outside of these hours. Use online and telephone support (See additional info) Safety plan if needed.
Medium	Suicidal thoughts frequently but no specific plan or immediate intent; Evidence of persistent symptoms of mental ill health in particularly depression, anxiety or psychosis; Significant alcohol and/or substance use; Previous suicide attempts; Current self harm; Reluctance to share with support network or withdrawal from peers and/ or family.	Acknowledge distress, identify options to address underlying difficulties and agree a plan with young person including actions to be taken if distress increases or suicidal thoughts become more persistent or difficult to resist i.e. a 'safety plan'; Ensure all sharp items, medication and any dangerous substances are kept safely locked away – it can be useful to explain to your young person that this about keeping them safe and not about punishing them for them feeling unsafe at such a difficult time.	Consider drawing up a safety plan with young person. Discuss with duty worker in CAMHS Monday to Friday 9-5 on 01246 514412 Use online and telephone support (see additional info) Safety plan with your young person.
High	Frequent suicidal thoughts with increased intensity which are difficult to ignore; Some planning/intent or ambivalence; Research of potentially lethal means; Access to means; Previous suicide attempts; Significant alcohol and/or substance use; Withdrawal from	Acknowledge distress, identify options to address underlying difficulties and agree a plan with young person to, include immediate actions to be taken i.e. consider urgent GP if available appointment, contact urgent care CAMHS 7 days a week 10 am – 10 pm or attendance at local Emergency Department; Make sure that you ask direct questions about suicidal intent	Contact CAMHS Urgent care on 07901330724 10 am -10pm 7 days per week – At this difficult time we may not be able to answer all calls immediately so please be patient. However should you be concerned about immediate risk then please attend your

	<p>support network; Evidence of persistent symptoms of mental ill health especially depression, anxiety or psychosis; Family history of, or peer suicide.</p>	<p>This is important to avoid any ambiguity or misunderstanding, and to be clear about risk. Contrary to popular belief, there is no evidence to suggest that direct questioning about suicide will encourage a young person to pursue suicidal behaviour. In fact it signals that you care, that you realise they may be considering suicide and that you are ready to talk with them about this as well as self-harm - now or in the future. Ensure all sharp items, medication and any dangerous substances are kept safely locked away – it can be useful to explain to your young person that this about keeping them safe and not about punishing them for them feeling unsafe at such a difficult time.</p>	<p>local emergency department. Consider use of 999 if absolutely necessary.</p>
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Specialist Children's Services



Safety Plan

CAMHS Urgent Care Team 07901330724 (10AM-10PM –Everyday)

When thoughts of suicide and self-harm are over whelming, staying safe for 5 – 10 minutes takes a great deal of strength. This plan can be used during those times.

Why do I want to stay safe?

What are the reasons I don't want to die? Are there people that make me want to stay safe? Do I have hope things will change?

For example- looking forward to starting college/work experience etc



Making my environment safer:

How can I make it harder to act on any plans I might have for self-harm and/or suicide.

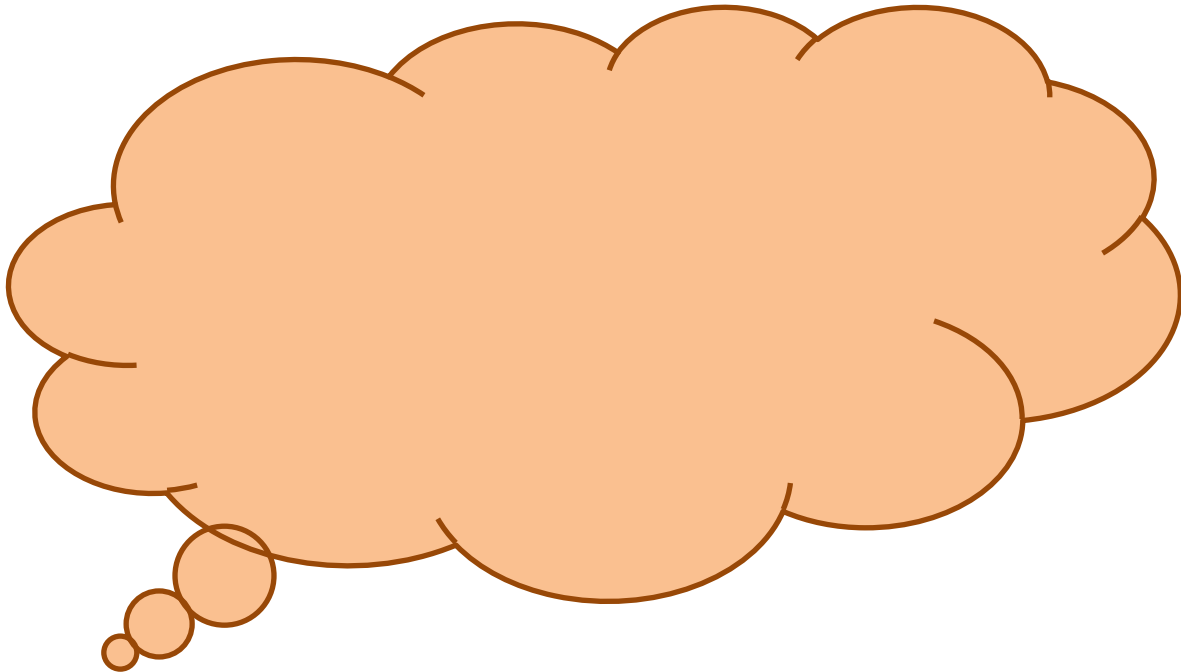
For example- ensure that I don't have access to sharp objects/medication



What might make it hard for me to stay safe right now?

For example- Let people know around me how I am feeling- via text/note/verbally etc.

Do I need to make any changes today to help?

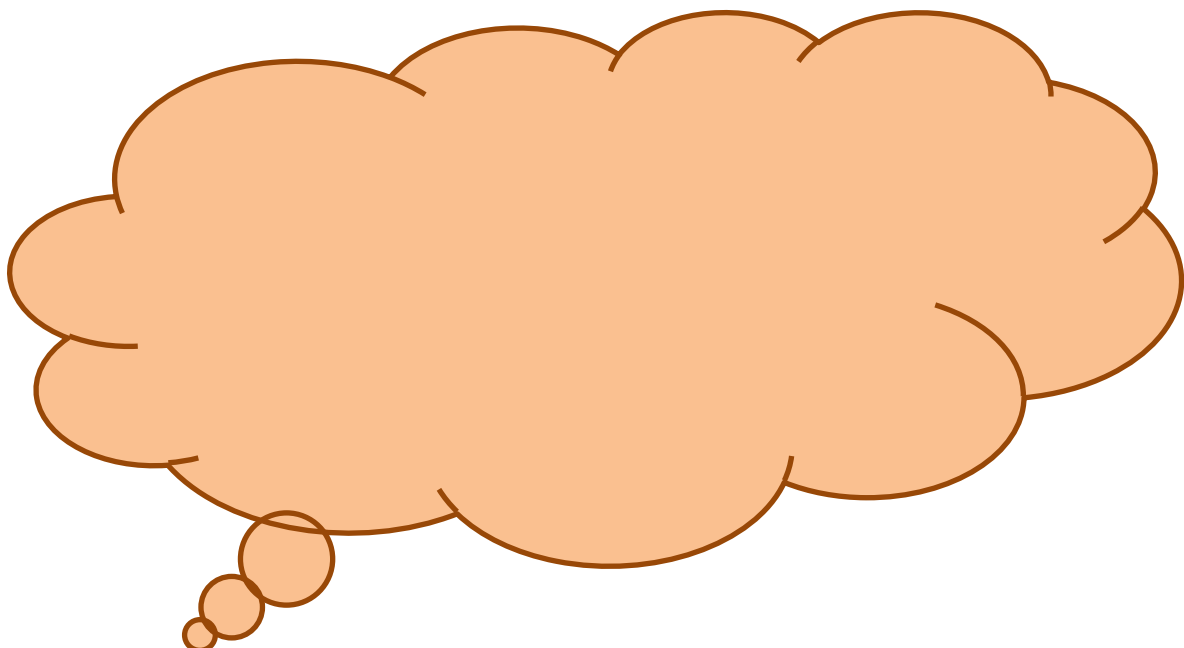


What can I do right now that will keep me safe?

What coping strategies can I use? What has worked in the past? Distraction techniques?

For example- listening to music, writing down 3 positives in my life that will make me feel better, look at distraction techniques

- Playing with a pet
- Phone a helpline (**see contacts list**)
- Watch a comedy



Where can I find help?

NAME/AGENCY	PHONE NUMBER
Urgent Care Team (CAMHS)	07901330724 (10am-10pm 7 days a week)
CAMHS (9am-5pm)	01246 514412
Call Derbyshire (24 hours)	01629 533190 (chose option 1 then chose option 1 again).
NHS non-emergency	111
Samaritans' UK helpline (24 hours)	116 123 email jo@samaritans.org
Child Line (24 hours)	0800 11 11 Visit website for online chat, email, message boards www.childline.org.uk
Sane Line – SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers.	0300 304 7000
Papyrus HOPELine UK - A specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information.	Call: 0800 068 41 41 Email: pat@papyrus-uk.org SMS: 07786 209697 Opening hours: Mon-Fri: 10am-10pm, Weekends: 2pm-10pm, Bank holidays: 2pm-5pm

If I feel that I am an immediate risk to myself I will contact my GP, NHS 111 or attend the local Emergency Department in a medical emergency.