

Parent and Carer Event

Supporting a Young Person in Crisis

Hampshire CAMHS i2i Service

Overview:

- Discuss signs and symptoms demonstrated by young people when in crisis
- Tips of how to communicate with and support a young person who discloses they are in crisis/ struggling or if you have concerns a young person may not be coping
- Where to access further support/advice

What is Crisis?

- Crisis is subjective; unique to each person both in terms of what triggers and crisis and what it looks/ feels like
- In a nutshell- feeling overwhelmed and unable to cope with intense thoughts and feelings
- Can lead the young person to behave in reactive, impulsive or risky ways.

Signs and symptoms

See handout in packs

Crisis is not just self-harm or suicide

Self-harm does not mean someone is suicidal

Self-harm is more than just cutting and burning:

- Head butting
- taking drugs/ alcohol
- Not eating/ drinking
- Taking risks
- Tying ligatures
- Skin picking/ scratching
- Risky sex
- Getting into fights
- Neglecting oneself
- Ingesting substances
- not taking medication/
overmedicating
- over exercising
- hair pulling
- biting self

- **N.I.C.E. definition:**

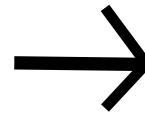
- “Self poisoning or injury irrespective of the apparent purpose of the act”

How does it feel?

Upset
Sad
Angry
Confused
Disappointed
Helpless
Worried
Numb



NORMAL
For YP & adult



REQUIRES VALIDATION
Responses are important!

Camelot Enquiry 2008
found that for many young
people disclosure of self-
harm was a very negative
experience

Royal College of Psychiatrists
surveyed 509 people of all ages
& found that a significant
number of patients had been
blamed for wasting time as staff
felt their problems were self-
inflicted

Comment from a young
person: "I have not self-
harmed in order to annoy
staff, but rather because
something is very, very
wrong inside"

Confidentiality; what's the score?



Hampshire Child and Adolescent
Mental Health Services

- 1) Make sure the young person knows you are going to share information including:
 - What information
 - With whom you are sharing it with

- 2) Only share what is relevant, appropriate and necessary

- 3) Be clear what is fact and opinion.

- 4) Recognise and consider the value of advocates; support young people to access advocates

- 5) Try to include young people in meetings about them and think about how to make these as young person centred as possible

- 7) Think about how you would feel if you were in their shoes

More info: <http://www.ayph-behealthy.org.uk/confidentiality-comic/>

If a young person makes a disclosure or is in crisis

- Protect time and space; without interruption; think about environment
- Listen calmly, without judgement or rushing to solutions
- Validate the emotion, not necessarily the behaviour
- If talking is hard, trying writing or texting; identify who's best to have the conversation
- Provide information about where or how to access appropriate support
- Encourage young people to make safe, informed decisions
- Support the young person to disclose to others, or report concerns if and when necessary
- Parents think about sharing this with schools/ others who regularly support your young person- a joined up approach is best
- Don't make promises you can't keep!

Hospital

Should a young person go to hospital?

- A&E- Accident and Emergency; should only go if absolutely necessary
- Hospital environments can be distressing and antagonistic
- How else could the situation be safely managed? Do they have a crisis plan?

If a young person does need to go to hospital:

- Ensure an adult who knows the young person attends with the young person (ideally, someone the young person has identified)
- Ensure appropriate adults have been informed e.g., parent/ carer, social worker, other professional
- Think about self-soothe resources and techniques to reduce anxiety (e.g., headphones for music, phone for distraction)- ask the young person what might help
- Think about what follow up care and support the young person might need

NAME **COPING & RESILIENCE PLAN**

 When I AM COPING this helps me to remain stable:	My EARLY WARNING signs of NOT COPING:	
My usual TRIGGER S for not coping:	When I am not coping THIS MAKES ME FEEL UNSAFE:	When I am not coping THIS MAKES ME FEEL SAFE:
My plan of action if my early warning signs begin to show:	My plan of how to manage difficult situations if I can't avoid them:	
FOLLOW MY PLAN! What I WOULD LIKE to happen if I am not coping:		

What wellness
looks like

Triggers for not
coping

Plan of action when
early warning signs
present

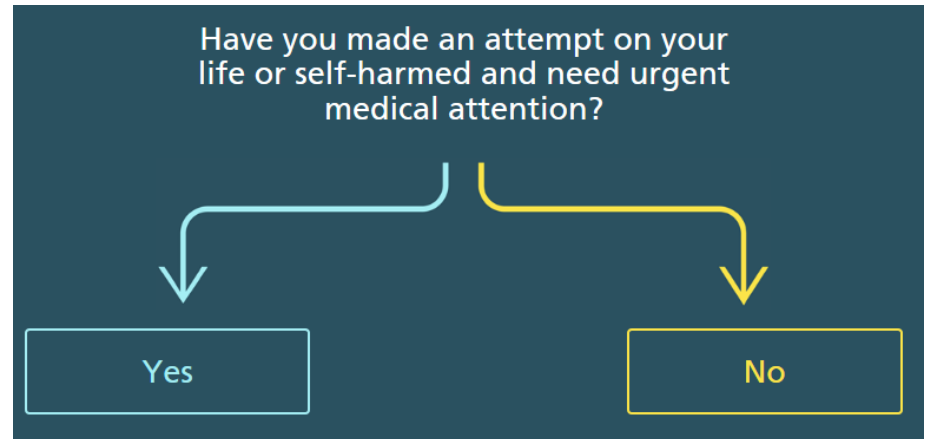
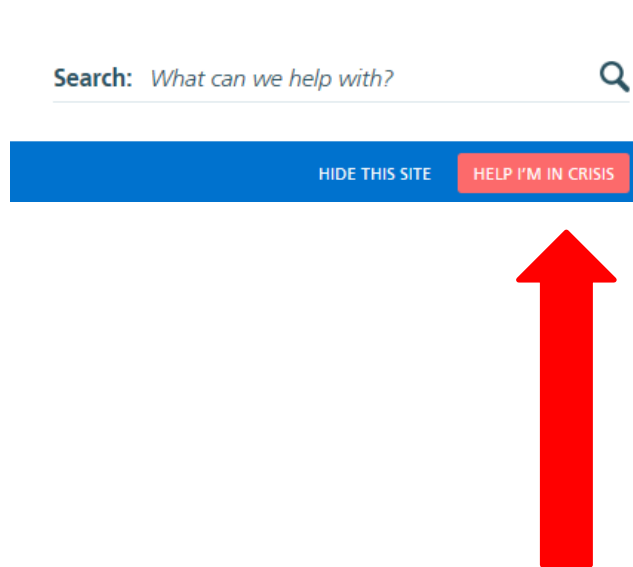
Early Warning Signs
of Not Coping

Factors that
increase risk vs
increase safety

Follow my plan if
I am not coping

Help I'm in Crisis

www.hampshirecamhs.nhs.uk





**Hampshire Child and Adolescent
Mental Health Services**



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Mental Health Services

SAFE CARD

(suicide awareness for everyone)

The Samaritans
Call: 116 123
E: Jo@samaritans.org
24 hours, 7 days a week

Hope LineUK
Call: 0800 068 41 41
10am-5pm & 7pm-10pm (Mon-Fri)
2pm-5pm (Sat-Sun)

Young Minds Parents Helpline
Call: 0808 802 55 44
E: parents@youngminds.org.uk
9:30am-4pm (Mon-Fri)

USEFUL SELF HELP APPS



StayingAlive



InHand



MemoryStar



WellMind

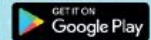


What's UP

USEFUL SELF HELP WEBSITES

hampshirecamhs.nhs.uk
thecalmzone.org.uk
harmless.org.uk
papyrus-uk.org

Service provided by
Sussex Partnership
NHS Foundation Trust



Phone and Text Helplines:

Freephone Samaritans

116 123

(24 hours a day 7 days a week)

Freephone Childline

0800 1111

(24 hours a day, 7 days a week)

Young Minds Parent Helpline

0808 802 5544

(Mon-Fri 9.30am-4pm)

Free Young Minds Text Crisis:

Text: YM to 85258

(24 hours a day, 7 days a week)

Websites:

www.stayingsafe.net

www.papyrus-uk.org

www.harmless.org.uk

www.lifesigns.org.uk

www.thecalmzone.net

Free Apps:

Stay Alive

Well Mind

Mood Tools – Depression Aid

What's Up

Stop Breath Think

Worry Time