

How to support a child with

HELP IN A CRISIS

Useful Apps:

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.



Stay Alive



Bluelce



What's Up?



Fabulous - Daily
Routine Planner



Calm Harm



WHAT MIGHT IT LOOK LIKE?

- Withdrawn and uncommunicative or not wanting to be left alone.
- Refusal to leave the house or attend / take part in activities such as school, hobbies, interests, seeing friends.
- Disrupted sleeping or eating - may show signs of physical compromise as a result.
- Appearing uncaring or unbothered about people or activities they previously would have cared about - may not honour commitments or responsibilities.
- Difficulties concentrating or with motivation.
- May on occasion becoming agitated, distressed, oppositional or aggressive.

Mental health and wellbeing cards

<https://hampshirecamhs.nhs.uk>

WHAT MIGHT IT LOOK LIKE?

- Reactive and impulsive behaviour e.g. running away which may place them or others in danger
- Feeling hopeless about the future - not being able to see a future and appearing to give up on dreams, goals and hopes
- Thoughts, feelings, urges, plans or intent to harm self or end their life or harm others.

Please note that not all young people who engage in self-harm behaviour are depressed or suicidal. There are many reasons why a young person may engage in self-harm behaviour.

WHEN SHOULD I BE CONCERNED?

- Episodes that cause significant distress to a young person and significantly disrupt daily coping such as school / college, socialising and even self-care activities (e.g. sleep, bathing, eating).
- Behaviour that increases the risk that the young person or others may experience danger or harm as a result of their actions.
- If a young person discloses that they have harmed themselves purposefully in any way.

WHAT CAN I DO TO SUPPORT MY CHILD?

- There is a lot of information on the Hampshire CAMHS website 'Help I'm in Crisis page'
<https://hampshirecamhs.nhs.uk/help-im-in-crisis/>
- Watch the 'How to make a Crisis Coping Plan with a Young Person' film.
https://youtu.be/Ls8i391_aCc
- Protect time and space to listen to them without interruption; think about the setting you are in.
- Listen calmly, without judgement or rushing to solutions (unless it is an emergency and requires immediate intervention).
- Validate the emotion, not necessarily the behaviour.
- Provide information about where or how to access appropriate support.
- Encourage young people to make safe, informed decisions.
- Don't make promises you can't keep!
- Call **111** (24 hours a day, 7 days a week) or visit **www.111.nhs.uk** and speak to the NHS Mental Health Triage Service.

If a young person has engaged in a life threatening behaviour and or is at risk of serious harm, they must seek medical help immediately.