

## Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

## Build Sound Minds Derby & Derbyshire

Waiting Well



# Work in progress

## Build Sound Minds Derby & Derbyshire

01332 679379 / 01246 277422

[BuildSoundMindsDD@actionforchildren.org.uk](mailto:BuildSoundMindsDD@actionforchildren.org.uk)

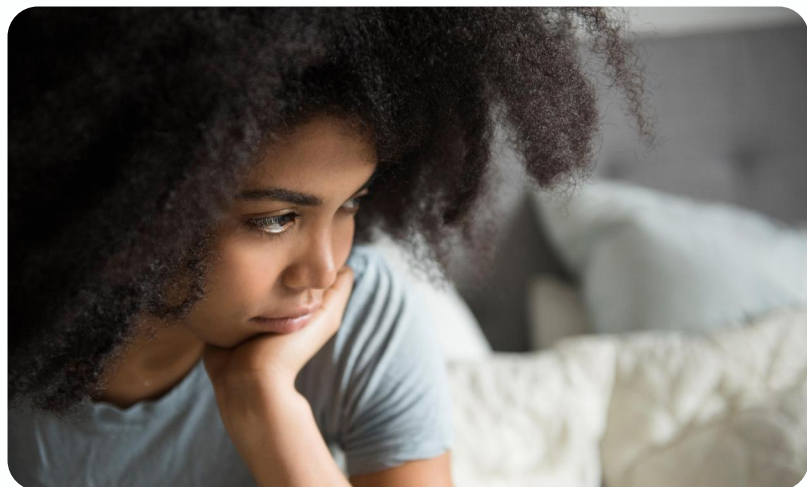
<https://services.actionforchildren.org.uk/derbyshire>

## Waiting Well with Self Harm

Advice, ideas and sources of support whilst waiting for targeted support.

## What is self harm?

Hurting yourself on purpose is a way to manage distressing or overwhelming feelings and thoughts or feeling numb. A child or young person can self harm in different ways which might include scratching, cutting or hitting themselves. They might pick at their skin or pull at their hair.



## Signs a Child or Young Person is Self Harming

### Signs a Child or Young Person is Self Harming

There may be changes in your child or young person's behaviour because they are feeling distressed or low in mood. Other things to look out for include:

- unexplained cuts or bruises
- covering up with long sleeves or trousers even in hot weather
- becoming more withdrawn or isolated
- angry outburst

## How to Help

Children and young people may find that soothing activities help when they feel like they want to self harm. You could:

- create a self soothe box with objects or pictures that a young person find calming
- wrap up in a soft blanket
- use fidget toys
- practise breathing techniques

Others might want to burn off some energy. You could:

- go for a walk/jog/run
- kick a ball
- hit a cushion / pillow / bean bag

Be present and available for your child or young person. Try to talk about what is happening. However, talking can be tricky, so they could write a journal or write down thoughts and rip them up. You could try using texts or emojis as a way to communicate, too.

## Keeping Safe

For urgent support, call your GP or attend the emergency department (A&E).

More advice about keeping safe can be found at:

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.nhs.uk/mental-health](http://www.nhs.uk/mental-health)

## Other Sources of Help and Advice

**Our website has links to lots of really helpful information.**  
<https://services.actionforchildren.org.uk/derbyshire>

Build Sound Minds is not a crisis service. If you are worried about a child or young person please contact your GP, call 111 or attend the emergency department (A&E).

We know it is hard to wait for our services. Please be assured we are doing our best to progress you on our waiting list.