



Appendix A

Children and Young People's (CYP's) Self-harm and Suicide Prevention Pathway

A collaboration between The Royal Borough of Kingston, Richmond & Wandsworth Borough Councils.

Understanding Self-Harm and Suicide
www.richmond.gov.uk/portus



Categories of Need

Coping:	Getting Help:	Getting More Help:	Getting Risk Support:
<ul style="list-style-type: none"> • Good understanding of ways to maintain mental health • No evidence of persistent psychological distress • No evidence of self-harm • Knows how to support peers who are experiencing difficulties • Displays resilience when faced with challenges and set-backs • Knows where to get support when needed • Good support networks • Trusting relationship with significant adult 	<ul style="list-style-type: none"> • Minimal harm (wounds that do not require medical attention) • The self-harm behaviour is not persistent • There is no accompanying risk-taking behaviour or concerns about their safety or the safety of others • The behaviour is related to personal and social circumstance which may include peer influence • Has ongoing support • Suicidal thoughts are infrequent, fleeting and easily dismissed • No specific plan or intent • The impact on daily life is minimal 	<ul style="list-style-type: none"> • The self-harm behaviour is established and routine • The behaviour is being used as a regular coping strategy • The self-harm behaviour is linked to other risk factors which could impact on the severity of the self-harming (linked to alcohol and substance use) • Suicidal thoughts are frequent but fleeting • No specific plan or intent • The impact on daily life is moderate 	<ul style="list-style-type: none"> • Increasing self-harm behaviours, either frequency, potential lethality or both • The self-harm behaviour is part of a complex mix of behaviours which increase the risk to the child/young person • There is evidence that without clinical intervention the severity of the self-harm will escalate • The child/young person may have a mental health disorder • Frequent suicidal thoughts which are not easily dismissed • Specific plans in place and access to lethal means • The impact on daily life is high • Previous or recent suicide attempt

If you have an immediate concern that requires an immediate response

Physical Health Response

If you are concerned that there is an immediate risk to the young person's physical health

Response:

Call an ambulance or take to nearest A&E

Mental Health Crisis

If you are concerned that there is an immediate risk to the young person because of significant emotional distress

Response:

[SWL St. Georges Crisis Line](#) ▶

Safeguarding Concern

Response:

Contact Kingston & Richmond

To make a referral online contact:

[Single Point of Access](#) ▶

During Office Hours, call:

020 8547 5008

Outside Office Hours,
Emergency Duty Team call:

020 8770 5000

Response:

Contact Wandsworth

To make a referral online contact:

[The Multi Agency Safeguarding Hub](#) ▶

During Office Hours, call:

020 8871 6622

Outside Office Hours,
Emergency Duty Team call:

020 8871 6000

Coping:

Implement Whole School Approaches to strengthen mental health and resilience of students and staff

- Whole School Approach 8 Key Principles**
- Leadership
 - Ethos and Environment
 - Identifying need and monitoring interventions
 - Curriculum teaching and learning
 - Targeted support and appropriate referral
 - Enabling student voice
 - Health and well-being of school staff
 - Working with parents and carers

Promoting well-being
Promoting peer support and self-management
Promoting services and support

Getting Help:

Does the Child / Young Person, Parent agree to a referral?

Yes No

- Refer to:**
- School counsellor
 - School Nurse
 - Mental Health Support Team
 - Child Well-being Practitioner

School Mental Health Lead to identify appropriate support and information

Getting More Help:

Does the Child / Young Person, Parent agree to a referral?

Yes No

- Make referral to CAMHS Single Point of Access
- [Kingston & Richmond](#)
 - [Wandsworth](#)

Getting Risk Support:

Does the Child / Young Person, Parent agree to a referral?

Yes No

- Referral to CAMHS Single Point of Access for urgent assessment
- [Kingston & Richmond](#)
 - [Wandsworth](#)

Seek telephone advice from the **Single Point of Access**

- Kingston & Richmond **020 8547 5008**
- Wandsworth **020 8871 6622**

Consider need to initiate safeguarding procedures. Contact SWL St. Georges Crisis Line **0800 028 8000**

- Provide advice and information contained in the toolkit
- Develop a Risks and Strengths Assessment and Safety Plan
- Liaise with parents and carers where appropriate
- Consider alternative sources of support in school and available locally
- Ask parent / young person to make appointment with their GP
- Support the child or young person to identify other trusted adults
- Provide details of Kooth online service and other support services highlighted in the toolkit