

Team Briefing Sheet

Responding to Self-Harm

Children & Young People's Mental Health Inpatient Settings

Introduction

Hi, we are a group of young people who have worked with NHS England to improve young people's mental health inpatient settings. We have co-produced resources in response to the voices of other young people on the topics of self-harm and suicide, including this team briefing sheet. We have used our own lived experience to influence these resources and hope that you find them useful and will stand with us in trying to better the experience of children in inpatient settings.

Quotes...

from us and other young people about what wasn't good:

"They should've checked in with me more. I was alone and no-one checked up on me."

"They see me as my illness rather than as me."

"No-one talked about it afterwards."

"I'm a person when I'm OK and a problem when I'm not - but I'm still a person."

"You are more likely to break me by ignoring me than talking to me."

"We are not 'attention seeking'... we may be seeking an escape from something painful in our mind."

This is what we have to say about how it could be better:

"Treat me with the same empathy you'd treat a physical health problem."

"Separate me from my mental health."

"Just be gentle... take my hand and hold it gently and try to talk to me."

"Spend time with me, even when I'm not struggling."

"Please don't take your frustrations out on patients."

"Don't just shrug it off as 'superficial', take all self-harm seriously and with the same level of compassion."

What you can do now?

Display our posters...

We produced this set of posters and would like you to display them in your setting. They are aimed at staff, young people and families/carers so please place them where they can be seen.

Have conversations...

We would also like you, as a team, to have a conversation about how you might improve your practice around responding to self-harm after reading this sheet and looking at our posters.

Produced by young people with experience of inpatient settings



