

Self Harm Workshop

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The Charlie Waller Memorial Trust
Depression – let's get talking

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cwmt.org.uk

Our Vision

Our vision is of a world where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it.



Introductions

- CWMT Trainer
- beat, National Eating Disorder Charity
- Mum to Year 11 son
- Love watching football
- Worked in education for 5 ½ years and NHS for 16 years



Aims

Explore the cycle of self-harm

Share the No Harm Done Resources (for parent/carers, young people and professionals)

Look at healthy coping strategies

Promoting children and young peoples wellbeing

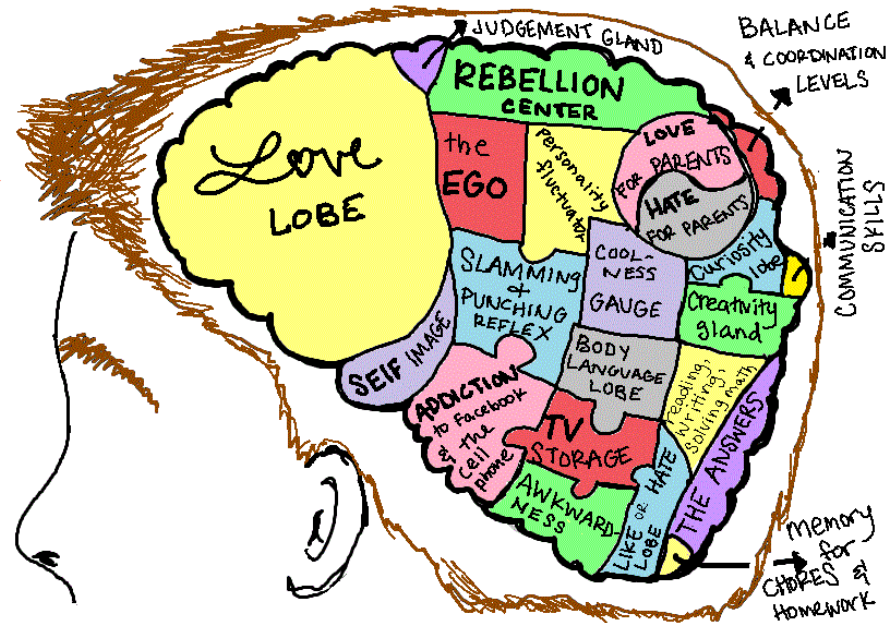
The importance of listening

Further resources and support



“Believing in our young people and staying positive whatever they might say or do”

THE AVERAGE TEENAGE BRAIN

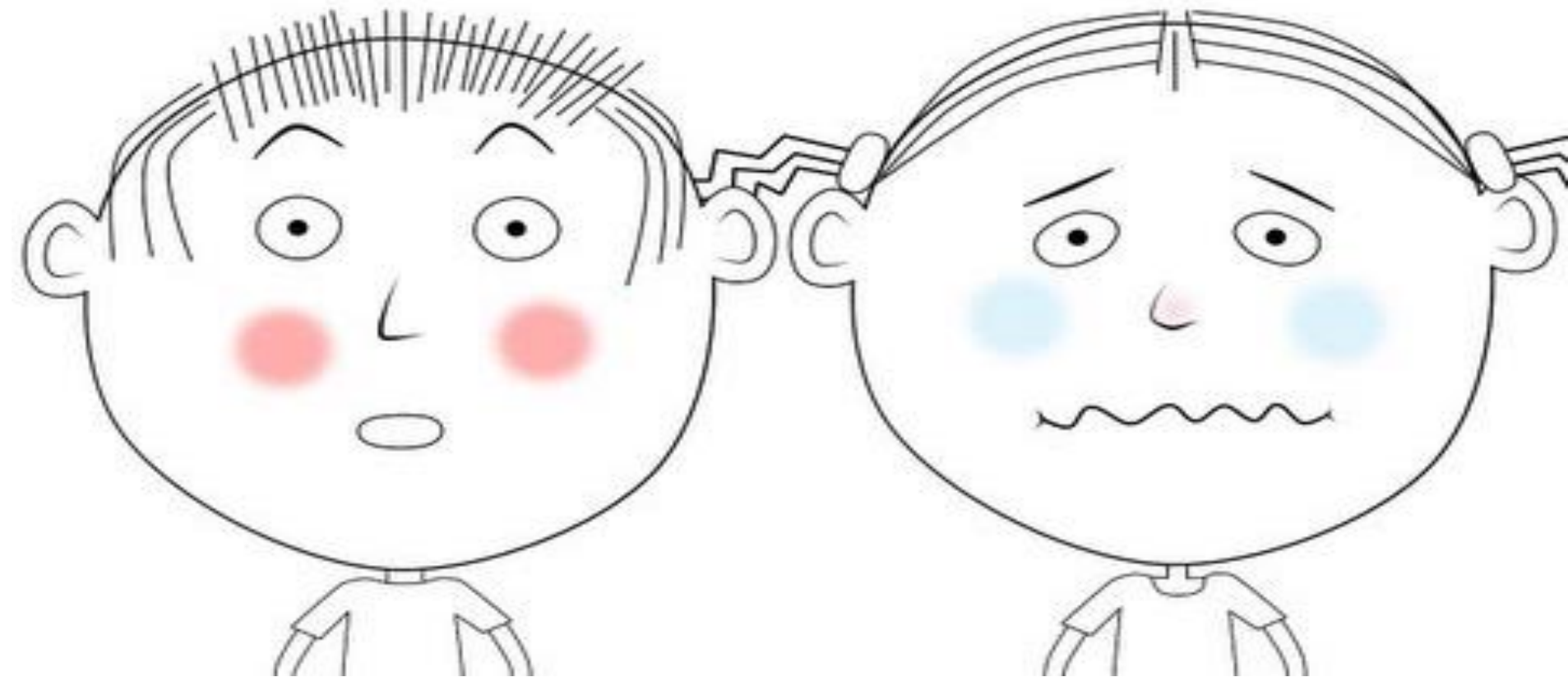


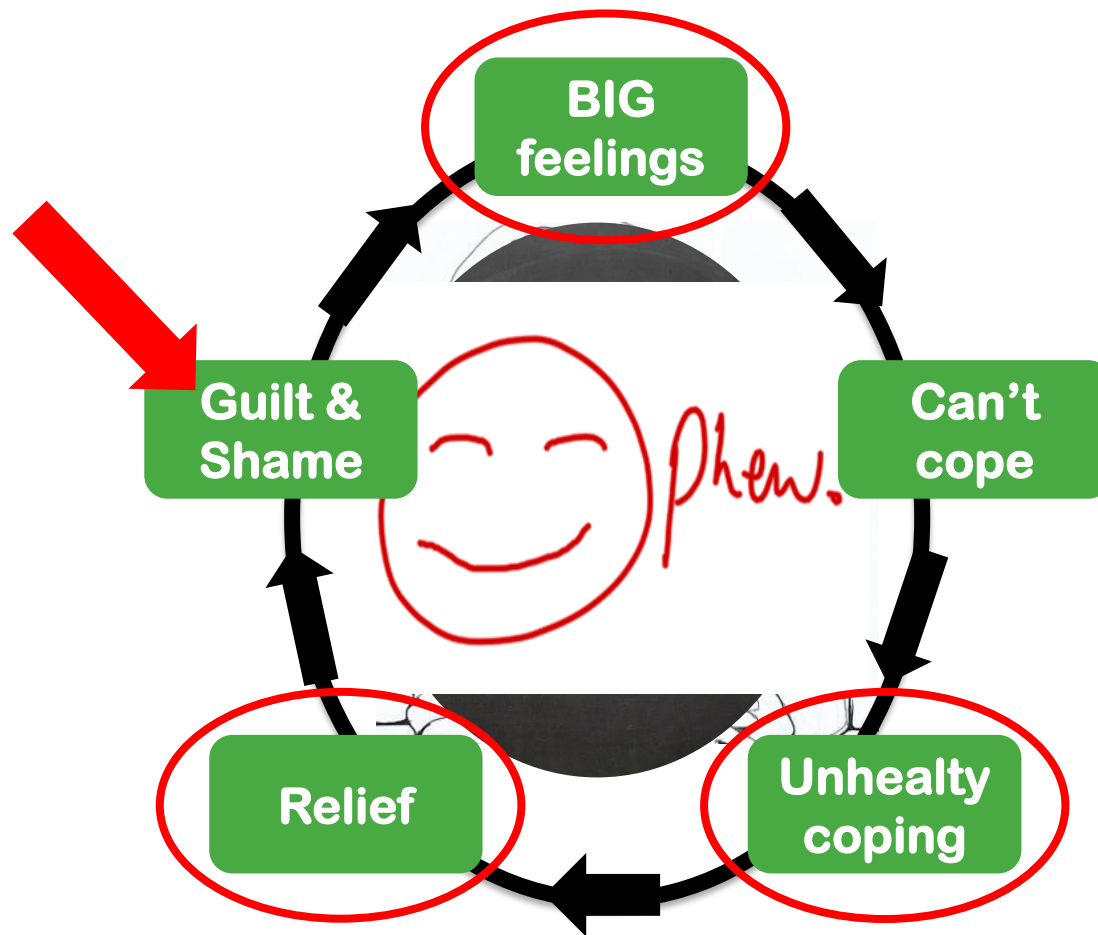
The brain

- Children and young people/s brains are still developing
- Emotional regulation can be difficult for a young person
- Anxiety and stress can have a huge impact on memory and learning
- Hormone changes on a day to day basis, greater variations so can find it hard to settle
- Important to get oxygen to the brain



It is normal to experience a range of feelings
(even in response to the same thing)







Digital Packs

No Harm Done

A Parent's Journey

Next steps for parents or carers whose child is self-harming

No Harm Done

Recognising and responding to self-harm

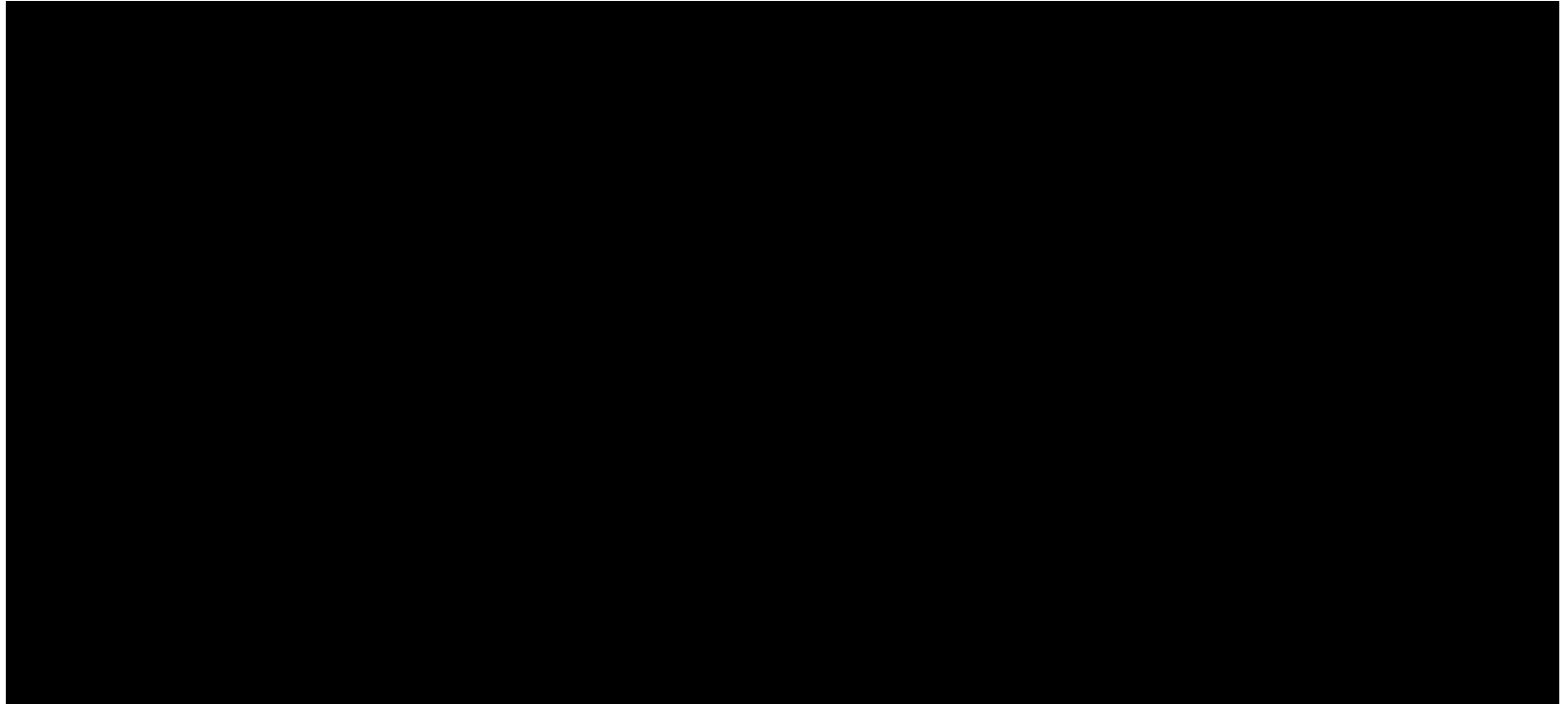
Next steps for staff working with young people



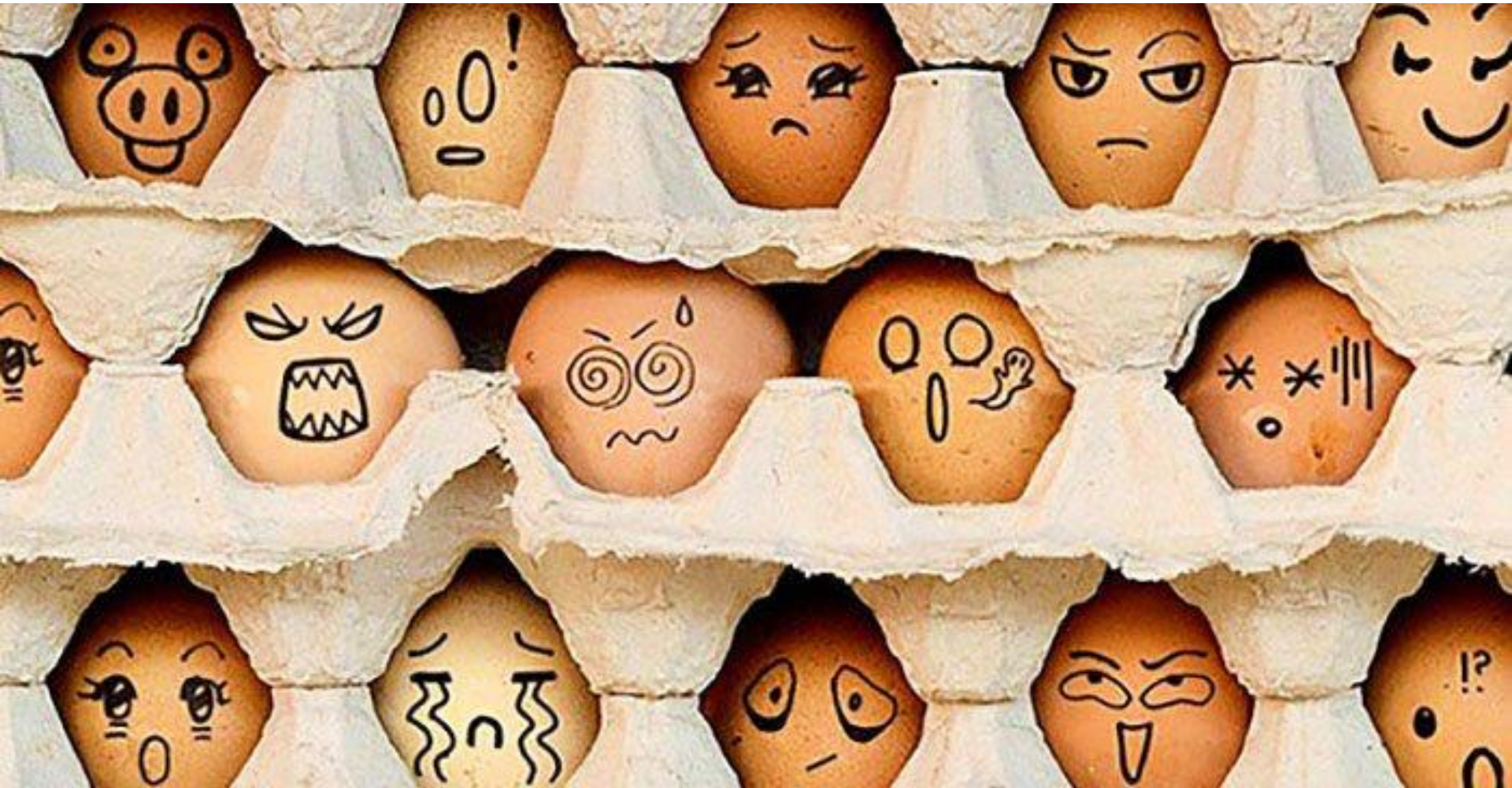
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Video Clip; No Harm Done



Different feelings need different responses



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Alternatives to suggest

**Write or draw
about
feelings**

**Contact a friend,
family member,
helpline**

**Go to a quiet
place and
scream / scream
silently**

**Hit a pillow /
soft object**

**Listen to
music**

**Look after an
animal or
sibling**

**Draw red
lines on the
skin**

**Clench ice
cubes**

**Snap elastic
band on wrist**



Self Soothe Box

**When I feel the urge to
[punch/cut etc.] I will...**

1. Start with the least invasive
2. The sort of thing you could do in public
3. Work your way up..
4. Always include a 24 hour helpline



9 steps to promoting children's wellbeing

'Get' what worries them

Support good sleep habits

Help your child get active

Be a positive role model

Put social media in context

Make time

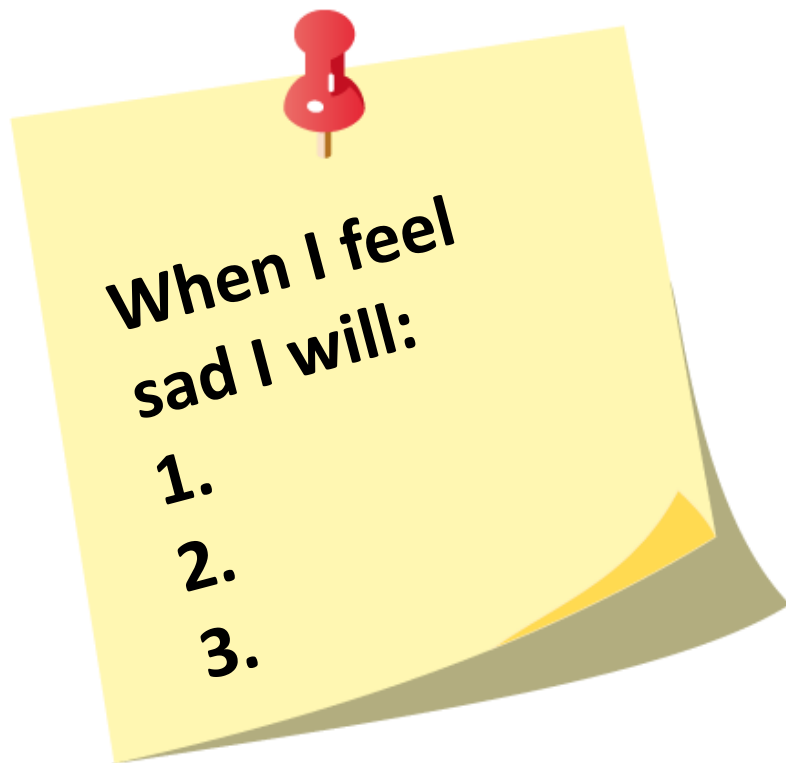
Find other trusted adults

Know the warning signs

Care out loud



It can help to write or draw them and carry them with us



CWMT – Wellness Action Plans

- What keeps you mentally healthy?
- What can your school do to help?
- What are your triggers?
- Early warning signs?
- Support to minimise triggers?
- If signs show – what should I do?



**SOMETIMES
WE DON'T
NEED ADVICE.
WE JUST NEED
SOMEBODY
TO LISTEN.**

PictureQuotes.com



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“He took the time to listen. Really listen. He made time for me. I was the most important thing he had to do right then. It made me feel special and allowed me to open up to him.”









MindEd for Families

online advice and support you can trust

Trusted information
and advice for families
with concerns about
their children's mental
health



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Resources

Young people who self-harm

A Guide for School Staff



Developed by researchers at the University of Oxford

Resources

Information and support for young people:

Childline
Tel: 0800 1111

Papyrus
www.papyrus-uk.org

Young Minds
www.youngminds.org.uk

Samaritans
www.samaritans.org
Tel: 116 123

Harmless
www.harmless.org.uk

National self-harm network
www.nshn.co.uk

Resources for schools:

Building suicide-safer schools and colleges: a guide for teachers and staff:
www.papyrus-uk.org/repository/documents/editorfiles/toolkitfinal.pdf

Some authorities have guidelines for school staff on self-harm, for example,

Self-harm: Guidelines for Staff within School and Residential Settings in Oxfordshire, obtainable through the Oxfordshire Safeguarding Children Board:
www.oscb.org.uk/wp-content/uploads/Self-Harm-Guidance.pdf

Resources for parents:

Coping with self-harm: a guide for parents and carers – available for free download from:
www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-a-guide-for-parents-and-carers

Free hard copies can be ordered from:
www.cwmt.org.uk/resources

Healthtalk.org module on parents' experiences of self-harm:
www.healthtalk.org/peoples-experiences/mental-health/self-harm-parents-experiences/topics

No Harm Done (information for school staff and parents):
www.cwmt.org.uk/resources

Royal College of Psychiatrists:
www.rcpsych.ac.uk/healthadvice/problemsdisorders/self-harm.aspx

The Parent's Guide to Self-Harm by Jane Smith, Oxford: Lion Hudson



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Free information booklets

Free resources for parents, professionals and others interested in mental and emotional wellbeing

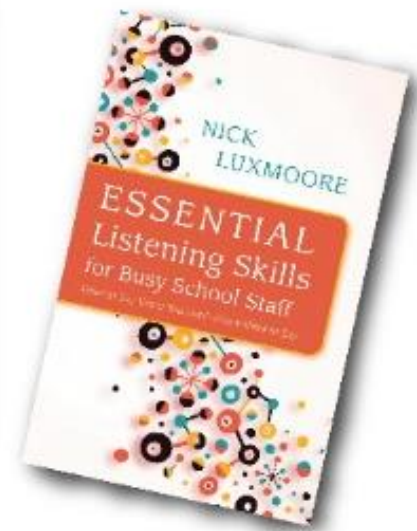
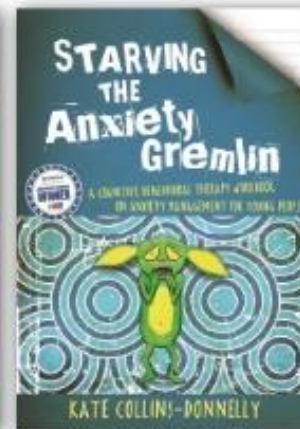
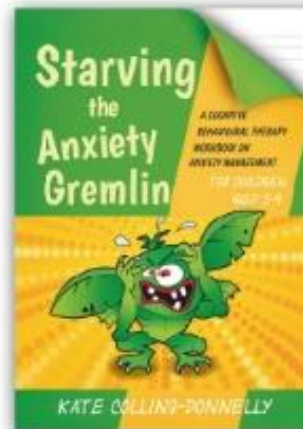
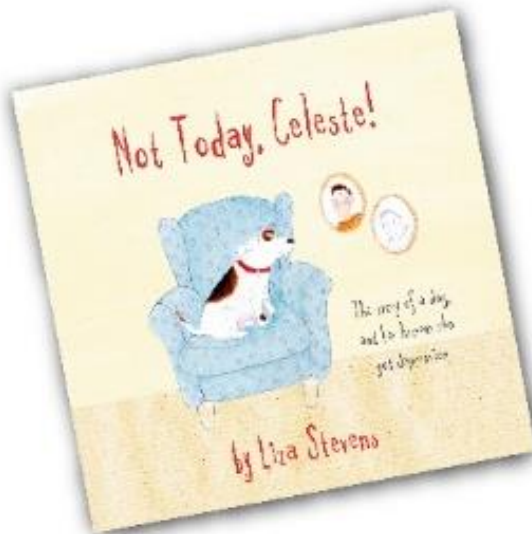


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Free Book Club for School Mental Health Leads

Once a term, members can opt in to receive a book and associated resources with the aim of boosting understanding, skills and confidence when working to promote or support the mental health of children and young people.





PAWS

Pause and think!

Always take 3 deep breaths

Walk away if you're still mad

See an adult for help



5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Source: NEF (2008)

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Further Sources of Support

www.youngminds.org.uk

<https://www.beateatingdisorders.org.uk>

<https://mindedforfamilies.org.uk>

<https://www.cwmt.org.uk/resources>

<https://www.annafreud.org>

<https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done>

<https://www.jkp.com/uk/the-healthy-coping-colouring-book-and-journal-1.html>

