**Self-harm links and resources April 2020**

**Young Minds: A guide to responding to Self-harm for schools**

<https://youngminds.org.uk/resources/school-resources/responding-to-self-harm-guide/>

**University of Oxford: Coping with Self-harm: A Guide for Parents and Carers**

<https://www.psych.ox.ac.uk/files/news/copy_of_coping-with-self-harm-brochure_final_copyright.pdf>

**Managing self-harm – Practical guidance and toolkit for schools**

<https://www.cornwallhealthyschools.org/documents/EHWB/managing-selfharm-guidance-and-toolkit-for-schools.pdf>

**NHS A-Z of conditions**

<https://www.nhs.uk/conditions/self-harm/>

**Well-being Toolkit**

<https://www.nurtureuk.org/news/wellbeing-toolkit-0>

**PHSE Association**

Guidance on preparing to teach about mental health and emotional wellbeing. Guidance and lessons plans for schools on preparing to teach about mental health and emotional wellbeing. Our mental health guidance has been produced under a grant from the Department for Education and is accompanied by a set of lesson plans spanning key stages 1-4.

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and?ResourceId=570&Keyword=&SubjectID=0&LevelID=0&ResourceTypeID=3&SuggestedUseID=0>

**Samaritans ‘DEAL’**

DEAL (Developing Emotional Awareness and Listening) is a free teaching resource aimed at students aged approximately 14 and over and inclusive of all abilities and learning styles.

<https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>

**Primary Self-harm Policies**

<http://www.fagley.bradford.sch.uk/key-information/policies/self-harm-policy>

<https://www.dunstoneprimary.co.uk/attachments/download.asp?file=415&type=pdf>

**Secondary Self-harm Policies**

<https://www.beverleyhigh.net/parents/policies>

<http://www.chancellors.herts.sch.uk/policies/152.html>

<http://limpsfieldgrange.co.uk/policies/policies/>

**Risk Assessments**

Harrogate High School has an example risk assessment on pages 14 to 19 of its self-harming guidance and policy.

<http://www.harrogatehighschool.co.uk/our-school/our-policies/>

**Apps**

<https://thepsychologist.bps.org.uk/volume-30/july-2017/apps-teenagers-who-are-self-harming>

<https://calmharm.co.uk/>

<http://self-healapp.co.uk/>

<https://www.theguardian.com/society/2018/dec/30/online-cbt-is-not-a-therapy-substitute-but-a-step-to-help-manage-anxiety?CMP=Share_AndroidApp_Gmail>

**BBC articles / resources**

<https://www.bbc.co.uk/news/av/uk-46966009/instagram-helped-kill-my-daughter>

<https://www.bbc.co.uk/programmes/articles/2NfvF9kvC5N1nFllK9XzBWS/information-and-support-self-harm>

**(🡪** <http://www.harmless.org.uk/> + <https://www.selfharm.co.uk/> **+** <https://www.themix.org.uk/> )

**Guardian** **articles**

<https://www.theguardian.com/politics/2019/jan/26/matt-hancock-facebook-social-media-suicide-self-harm-young-people?CMP=Share_AndroidApp_Gmail>

<https://www.theguardian.com/technology/2019/feb/08/instagram-heads-off-regulations-with-ban-on-self-harm-images?CMP=Share_AndroidApp_Gmail>

<https://www.theguardian.com/commentisfree/2019/feb/08/social-media-child-angst-real-life>

<https://www.theguardian.com/commentisfree/2019/feb/02/blaming-instagram-is-too-easy-politicians-must-do-more-to-help-teens?CMP=Share_AndroidApp_Gmail>

<https://www.theguardian.com/education/2018/jan/23/children-young-three-self-harm-mental-health>