

SOS AND TLC

How to support a child in crisis

Useful Apps:



Stay Alive



Bluelce



What's Up?



Fabulous - Daily Routine Planner



Calm Harm

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.

Services provided by Sussex Partnership NHS Foundation Trust

SOS AND TLC

How to support a child in crisis

WHEN TO BE CONCERNED?

- Episodes that cause significant distress to a young person and significantly disrupt daily coping such as school/college, socialising and even self-care activities (e.g. sleep, bathing, eating)
- Behaviour that increases the risk that the young person or others may experience danger or harm as a result of their actions
- If a young person discloses that they have harmed themselves purposefully in any way

WHAT TO DO:

- There is a lot of information on the Hampshire CAMHS website 'Help I'm in Crisis page': hampshircamhs.nhs.uk/help-im-in-crisis/
- Watch the 'How to make a Crisis Coping Plan with a young person' film: bit.ly/3odO9PN
- Protect time and space to listen to them without interruption; think about the setting you are in
- Listen calmly, without judgement or rushing to solutions (unless it is an emergency and requires immediate intervention)
- Validate the emotion, not necessarily the behaviour
- Provide information about where or how to access appropriate support
- Encourage young people to make safe, informed decisions
- Don't make promises you can't keep!
- Call 111 (24 hours a day, 7 days a week) or visit 111.nhs.uk and speak to the NHS Mental Health Triage Service

If a young person has engaged in a life threatening behaviour and/or is at risk of serious harm, you must call 999 and seek medical help immediately.

WHAT MIGHT IT LOOK LIKE?

- Withdrawn and uncommunicative or not wanting to be left alone
- Refusal to leave the house or attend/take part in activities such as school, hobbies, interests, seeing friends
- Disrupted sleeping or eating; may show signs of physical compromise as a result
- Appearing uncaring or unbothered about people or activities they previously would have cared about - may not honour commitments or responsibilities
- Difficulties concentrating or with motivation
- May on occasion become agitated, distressed, oppositional or aggressive
- Reactive and impulsive behaviour e.g. running away which may place them or others in danger
- Feeling hopeless about the future - not being able to see a future and appearing to give up on dreams, goals and hopes
- Thoughts, feelings, urges, plans or intent to harm self or end their life or harm others

Please note that not all young people who engage in self-harm behaviour are depressed or suicidal. There are many reasons why a young person may engage in self-harm behaviour.

#Recipes4wellbeing



hampshircamhs.nhs.uk