

Self-Harm Policy

1. Purpose

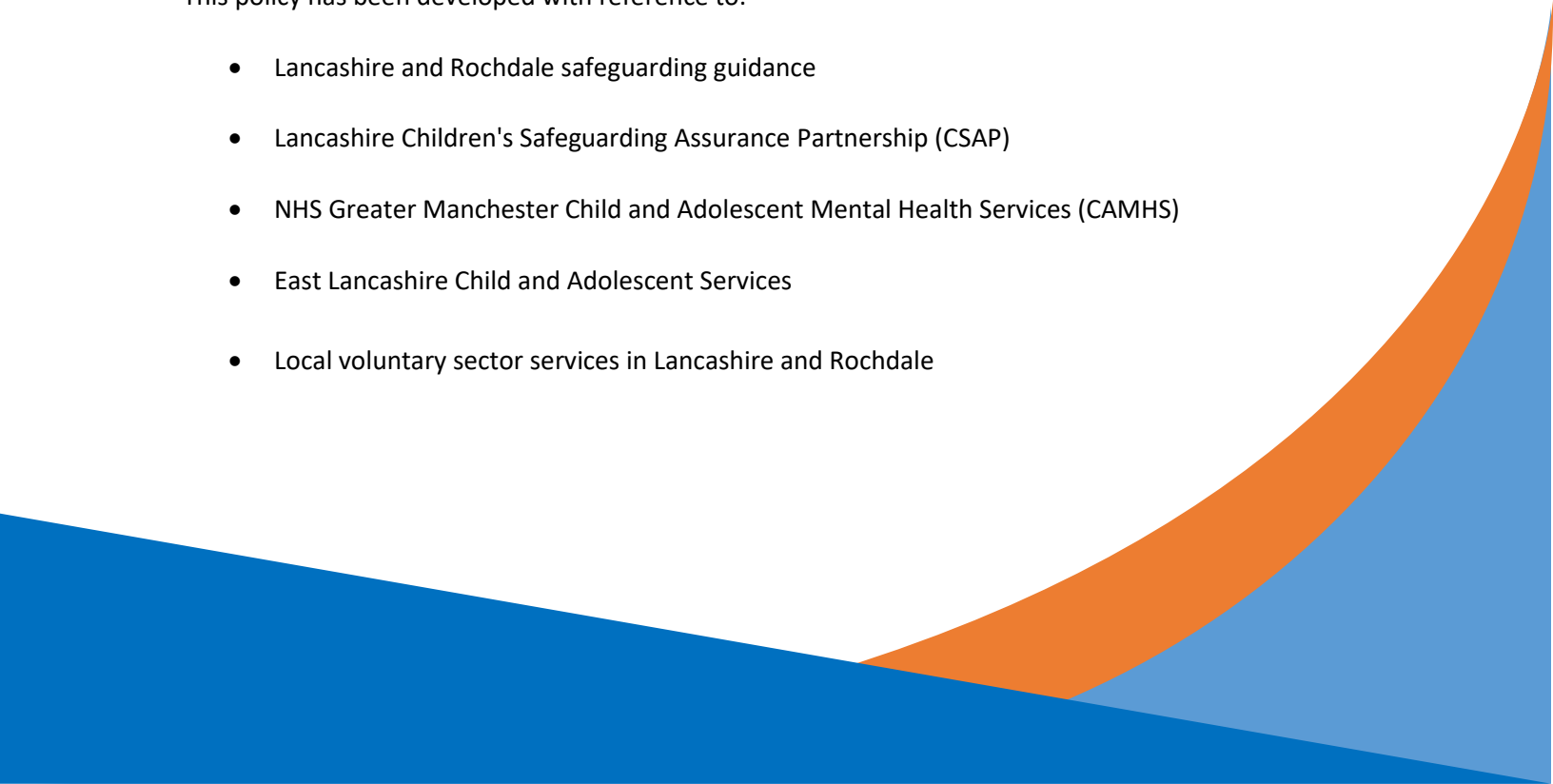
In line with our school's commitment to safeguarding, inclusion, and wellbeing, this policy aims to:

- Provide guidance on supporting students who self-harm.
- Offer tailored support according to individual need.
- Support students to improve self-esteem and emotional literacy.
- Equip staff with guidance and confidence to respond appropriately.
- Minimise the risk of self-harm spreading within school.
- Establish clear reporting, referral, and support pathways.
- Educate staff and students about self-harm and related mental health issues.

This policy should be read in conjunction with our Safeguarding and Child Protection Policy, Mental Health and Wellbeing Policy, and PSHE curriculum plans.

2. Consultation and Local Context

This policy has been developed with reference to:

- Lancashire and Rochdale safeguarding guidance
 - Lancashire Children's Safeguarding Assurance Partnership (CSAP)
 - NHS Greater Manchester Child and Adolescent Mental Health Services (CAMHS)
 - East Lancashire Child and Adolescent Services
 - Local voluntary sector services in Lancashire and Rochdale
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3. Definitions

- Self-harm involves intentional injury to oneself and may include:
- Cutting, burning, scratching
- Substance misuse or overdose
- Risky behaviours or self-poisoning
- Hitting or punching oneself
- Self-harm is often a coping mechanism rather than a suicide attempt, though risks of suicide should always be considered.

4. Signs of Possible Self-Harm

- Wearing long sleeves consistently, even in warm weather.
- Withdrawal from PE or social activities.
- Unexplained cuts, bruises, or burns.
- Mood swings, irritability, or emotional numbness.
- Changes in sleep, eating, or academic performance.

5. Common Preceding Issues

- Family difficulties, breakdown, or abuse
- Peer conflict or bullying
- Mental health challenges (e.g. anxiety, depression)
- Low self-esteem or trauma
- Physical health concerns
- Abuse of drugs or alcohol

Motivations Behind Self-Harm

- Emotional release or relief from distress

- Seeking help or expressing pain
- Attempting to regain control
- Self-punishment
- Influence by peers or media

6. Key Staff Roles

Designated Safeguarding Leads (DSLs) and Mental Health Leads will:

- Act as primary contacts for staff concerns.
- Liaise with Lancashire ELCAS and Rochdale CAMHS, school nursing teams, and Early Help services.
- Maintain accurate and confidential records.
- Coordinate referrals and parental involvement.

All Staff Are Expected To:

- Respond calmly and non-judgmentally.
- Report concerns immediately using the school's safeguarding system (e.g. CPOMS).
- Avoid promising confidentiality.
- Support students in accessing appropriate help.
- Help promote positive coping strategies.
- Follow the school's Self-Harm Response Flowchart.

7. Support Measures

- Access to a Wellbeing Ambassador
- Use of Time Out Cards, safe spaces, or calm-down plans.
- Modifications such as long-sleeved PE kits or private changing areas.
- Parental involvement, where appropriate and safe.
- Referrals to local services.

8. Accessing Health Services Across Regions

We recognise that our pupils may reside in either Lancashire or Rochdale. Referrals will be made based on the child's GP registration and local authority:

- **Lancashire:** Lancashire ELCAS
- **Rochdale:** CAMHS/signposting parents to #Thrive

Where uncertainty exists, the DSL will consult with the School Health Team or Multi-Agency Safeguarding Hub (MASH) for guidance.

9. Supporting the school community

Children will Be Supported To:

- Seek help from trusted adults.
- Avoid displaying open injuries (these must be dressed appropriately).
- Alert staff if they believe a peer is at serious risk.

Parents/Carers Will Be Supported To:

- Work collaboratively with the school.
- Access emotional support and parenting resources.
- Understand self-harm and the school's response.
- Be referred to local support such as Lancashire Mind, Early Break Rochdale and other relevant services.

10. Useful Contacts and Services

Lancashire Support:

ELCAS

Phone: 01282 628800

Email ELCAS (general) elcas.referrals@lscft.nhs.uk

24/7 mental health helpline: 0800 953 0110

Lancashire Mind: www.lancashiremind.org.uk

Children & Family Wellbeing Service: 01772 536873

Rochdale Support:

CAMHS: 01706 676000

Early Break Rochdale: www.earlybreak.co.uk



National Support:

ChildLine: 0800 1111

Papyrus: www.papyrus-uk.org

Young Minds: www.youngminds.org.uk

Samaritans: 116 123

Harmless: www.harmless.org.uk

National self-harm network:

www.nshm.co.uk

Resources for schools:

Building suicide-safer schools and colleges: a guide for teachers and staff:

<https://www.papyrus-uk.org/resource-suicide-safety-plan/>

Resources for parents:

Parents Helpline: 0808 802 5544

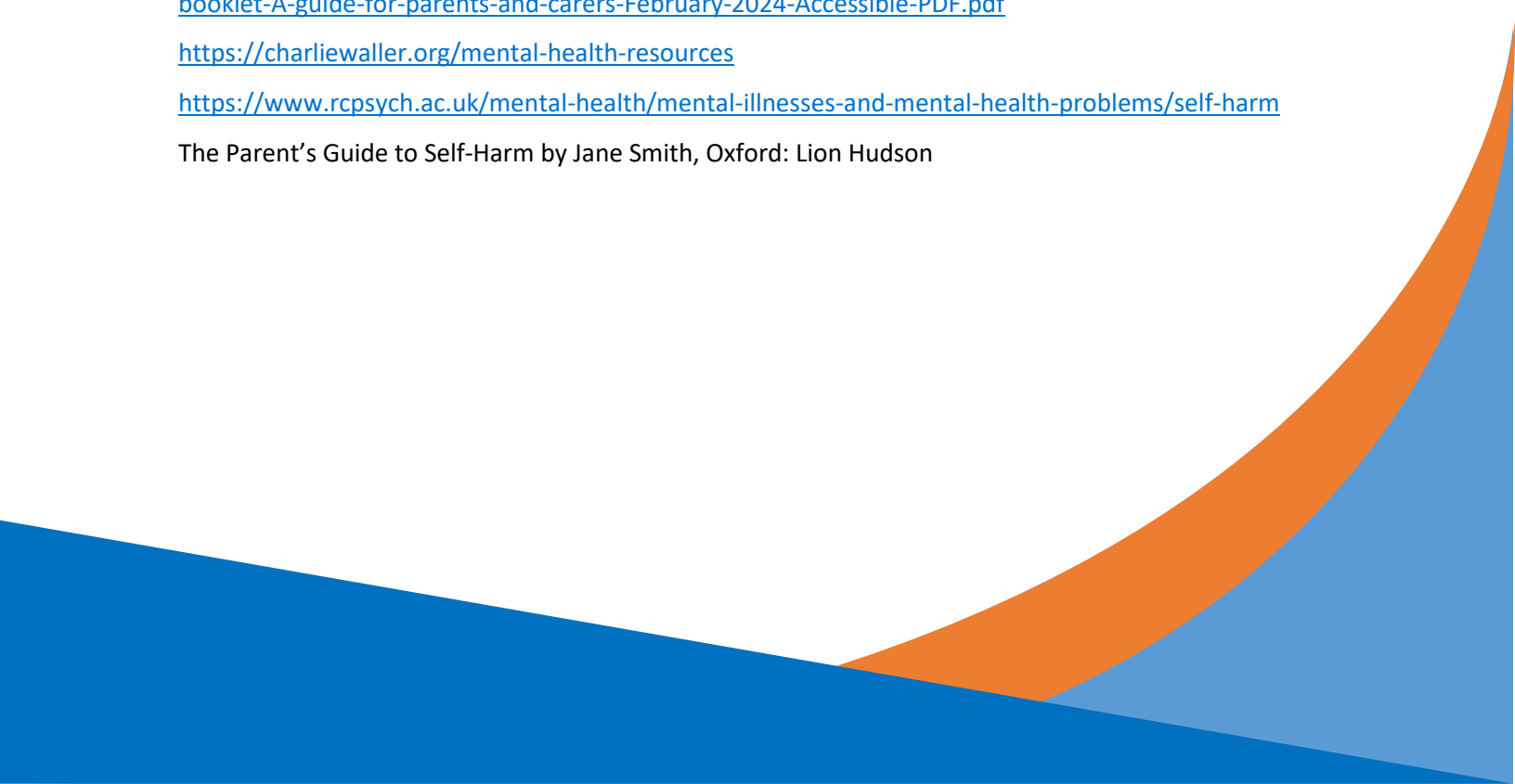
<https://www.oxfordhealth.nhs.uk/news/coping-with-self-harm-a-guide-for-parents-and-carers-highly-commended/>

<https://hub.gmintegratedcare.org.uk/mental-health/wp-content/uploads/sites/6/2024/02/Self-harm-booklet-A-guide-for-parents-and-carers-February-2024-Accessible-PDF.pdf>

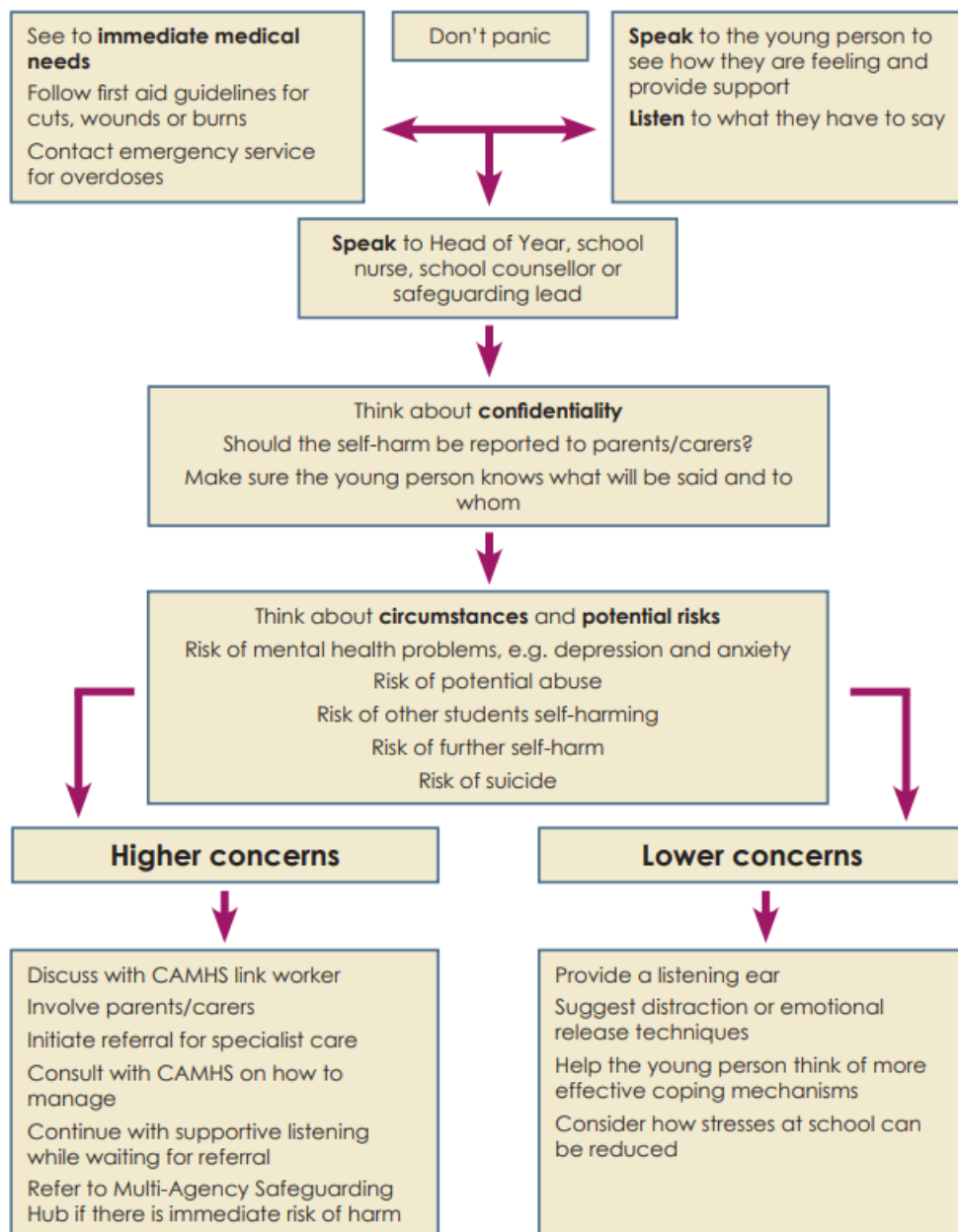
<https://charliewaller.org/mental-health-resources>

<https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/self-harm>

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



To be used in conjunction with the school's safeguarding policy



Policy written by A. Griffiths 7.8.25

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Next policy review date: 1.9.27