



Children and Young People's Self-harm and Suicide Prevention Referral Pathway

A collaboration between London Borough of Newham, East London Foundation Trust (ELFT) and Voluntary Sector Partners

Understanding Self-Harm and Suicide
[Healthy Mind](#) | [Well Newham](#)



Categories of Need

Coping:

- Good understanding of ways to maintain mental health
- No evidence of persistent psychological distress
- No evidence of self-harm
- Knows how to support peers who are experiencing difficulties
- Displays resilience when faced with challenges and set-backs
- Knows where to get support when needed
- Good support networks including faith and cultural support
- Trusted relationship with significant

Getting Help:

- Minimal harm (wounds that do not require medical attention)
- The self-harm behaviour is not persistent
- There is no accompanying risk-taking behaviour or concerns about their safety or the safety of others
- The behaviour is related to personal or social circumstance which may include negative peer influence
- Has ongoing support including faith and cultural support
- No specific plan or intent
- Suicidal thoughts are infrequent, fleeting and easily dismissed
- The impact on daily life is minimal

Getting More Help:

- The self-harm behaviour is established and routine
- The behaviour is being used as a regular coping strategy
- The self-harm behaviour is linked to other risk factors which could impact on the severity of the self-harming (linked to alcohol and substance use)
- Suicidal thoughts are frequent but fleeting
- No specific plan or intent
- The impact on daily life is moderate

Getting Risk Support:

- Increasing self-harm behaviours, in frequency and/or severity
- The self-harm behaviour is part of a complex mix of behaviours which increase the risk to the child/young person
- There is evidence that without clinical intervention the severity of the self-harm will escalate
- The child/young person may have a mental health disorder
- Frequent suicidal thoughts which are not easily dismissed
- Specific plans in place and access to lethal means
- The impact on daily life is high
- May have a previous or recent suicide attempt

Every young person may present differently and could fit into different boxes at the same time. It is possible for some high risk young people to present as though they are coping, but there are several services that can support you if you are unsure but

If you have an immediate concern that requires an immediate response

Life threatening condition

If you are concerned that there is an immediate risk to the young person's physical health.

Response:

Call 999 in an emergency or attend your nearest A&E.

If unsure, call 111 and they will call you an ambulance if needed, or direct you to the most appropriate support.

Mental Health Crisis

If you are concerned that there is an immediate risk to the young person because of significant emotional distress.

Response:

Call 111, and press 2 to be directed to the All-Age Crisis Line.

Safeguarding Concern

Response:

Contact the Newham Multi-Agency Safeguarding Hub (MASH):

- **Online referrals:** Complete the Newham Child Protection Referral Form
- **During office hours** (Monday to Friday, 9:00 am to 5:15 pm): Call 020 3373 4600 or email triage@newham.gov.uk
- **Outside office hours** (Emergency Duty Team): Call 020 8430 2000

CYP's Self-harm and Suicide Prevention Pathway

Coping:

Organisational support to strengthen mental health and resilience of young people and staff

Accessing support:

- [Well Newham](#) and [Joy Directory](#)
- Knowledge of self-care advice
- A good relationship with nearby organisations that offer support
- Comfortable referring others to support
- [Time for Young People](#): in-person wellbeing hub

School-specific support:

- Online [self-harm training](#)
- Whole School Approach [8 Key Principles](#)
- Wellbeing in Newham Schools (WINS) Team: [CAMHS Workshops](#)
- [Healthy Schools Award](#)

Staff wellbeing is also prioritised. Staff are accessing mental health support when needed. All interactions are [trauma-informed](#).

Getting Help:

Does the Child / Young Person, Parent or carer agree to a referral?

Yes

No

Refer to:

- School counsellor
- School nurse
- Wellbeing in Newham Schools (WINS) Team
- Community support in the resources set
- WINS Team to advise on level of wellbeing intervention needed
- Complete the Professional's Risk Assessment

- Provide advice and information contained in the resources set
- Develop a Risks and Strengths Assessment and Safety Plan
- Liaise with parents and carers where appropriate

Getting More Help:

Does the Child / Young Person, Parent or carer agree to a referral?

Yes

No

Make referral to [CAMHS](#) by completing this [referral form](#).

Email the completed form to: elft.enquiries-newhamcfcs@nhs.net

Please contact 111

Complete the Professional's Risk Assessment and refer to crisis support if needed.

- Consider alternative sources of support in school and available locally such as voluntary organisations
- Ask parent / young person to make an appointment with their GP
- Support the child or young person to identify other trusted adults

Getting Risk Support:

Does the Child / Young Person, Parent or carer agree to a referral?

Yes

No

Call 111 and select the mental health option '2' to speak to a Psychological Wellbeing Practitioner.

Risk Support can be taken without parent or carer consent, if there is a high risk of harm to the young person, or they are at risk of harming others.

Please contact 111.

- Provide details of Kooth online service and other support services highlighted in the resources set
- Ensure language is appropriate to the needs of the child, seeking additional support for neurodiverse and SEND children.