Self harm is defined for this pathway as ‘self poisoning or self injury, irrespective of the apparent purpose of the act’ ¹

A child or young person is self harming or tells you that they have self harmed

Yes

Requires urgent medical or psychological care

Assessment of risk
Discuss consent
Follow safeguarding procedures if child protection concerns
Ensure information shared with relevant professionals

Non-urgent medical care/advice via GP or NHS 111

If advice required, contact:
- CAMHS Single Point of Access 0300 304 0050
- Where the concern is not for immediate Section 47, please use the Inter Agency Referral Form.

Ongoing support and follow up to be considered:
- Follow up by CAMHS
- Monitor child/young person through ongoing pastoral support
- Signpost child/young person and their families to external support eg school nurse or GP
- Signpost child/young person and families to appropriate resources²
- Consider referral to counselling service
- Develop a care plan in line with NICE guidelines³

No

Child/young person conveyed to hospital emergency department. Consider 999 call if appropriate.

Treatment in line with NICE guidelines¹, including psychosocial assessment

CAMHS urgent response for all children/ young people attending emergency department for self harm

Children under 16 years admitted overnight

¹NICE clinical guideline (CG16) Self harm in over 8s: short term management and prevention of recurrence
²NICE clinical guideline (CG133) Self harm in over 8s: long term management
³RESOURCES
1. www.southernhealth.nhs.uk/services/childrens-services/school-nursing/