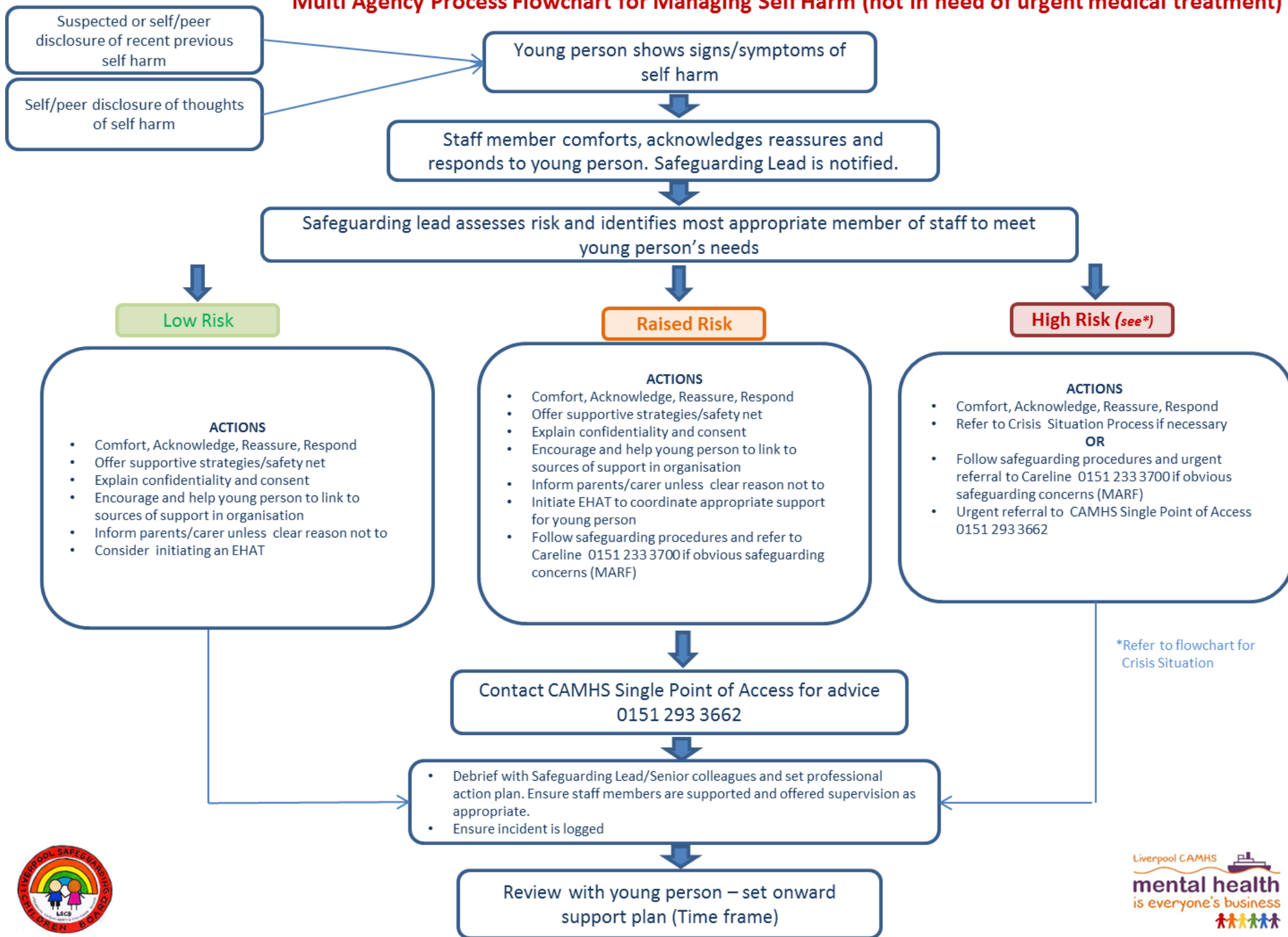


Multi Agency Process Flowchart for Managing Self Harm (not in need of urgent medical treatment)



Self Harm – Guidance on Levels of Risk and Management

Low Risk

- Suicidal thoughts are fleeting and soon dismissed
- Few or no signs of depression
- Any mood changes are transient
- Superficial cutting
- No other self harming behaviour
- Sensible attitude to experimentation with drugs and alcohol
- Nothing to indicate past or present abuse
- Current problem situation felt to be painful but bearable

Raised Risk

- Suicidal thoughts are frequent but still fleeting
- No specific suicidal plan or immediate lethal intent
- Showing indicators of current mental health disorder especially depression, anxiety and eating disorder
- Deep scarring or cutting
- Previous history of overdose or other self harm
- Significant or potentially dangerous drug or alcohol use
- Showing indicators of possible abuse or significant traumatic experience
- Problem situation felt to be painful but no immediate crisis
- Recent experience of bereavement or loss
- Experienced bullying, both face to face or online
- Experiencing academic pressures, especially related to exams
- Experiencing physical health conditions that are longstanding or have a social impact

High Risk

- Frequent suicidal thoughts which are not easily dismissed
- Specific plans with access to potentially lethal means
- Evidence of current mental illness
- Significant drug or alcohol use
- Situation felt to be causing unbearable pain or distress
- Increasing self harm, either frequency, potential lethality or both



Model process for all agencies - managing self harm in a crisis situation

