

SOS AND TLC

How to support a child in crisis

Useful Apps:



Stay Alive



Bluelce



What's Up?



Fabulous - Daily Routine Planner



Calm Harm

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 Sussex CAMHS website 'Help I'm in crisis page': sussexcamhs.nhs.uk/help-im-in-crisis
- Watch the 'How to make a Crisis Coping Plan with a young person' film: youtu.be/Ls8i391_aCc
- 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- Withdrawn and uncommunicative or not wanting to be left alone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



sussexcamhs.nhs.uk