

### CAMHS Children and young person's self- injurious behaviour/self harm risk screen

Risk indicator	Factors from assessment that increase risk.
<b>HIGH RISK</b>	
Very low mood, prolonged or worsening depression	
Episodes of preoccupation with suicide; Plan or intent to end life	
Significant changes in sleep, appetite, self- care, physical health	
Activities indicative of suicide planning, e.g. researching methods on the internet, stockpiling medication)	
Loss of interest in previously enjoyed activities (e.g. hobbies and interests, friends and family, pets etc.)	
Previous suicide attempt/s	
Friendships or relationships that others are very worried about (including online friendships)	
Risky or escalating self harm behaviours where life could be in danger	
Absence of protective factors and social activity	
Family or peer history of completed suicide	
<b>MEDIUM RISK</b>	
More frequent or severe episodes of self- harm but not life threatening	
Thoughts of serious self- harm or suicide but no specific plan or intent to carry this out	
Low mood or depression with emotional dys-regulation	
Changes in appetite, appearance, sleep, friendships, concentration	
Less interest in school; lack of enjoyment in aspects of life	
Problematic alcohol or substance use	
Historical or current bullying, victimisation, trauma or abuse	
Friendships (online or real life) that others are worried about; withdrawal from peer and family relationships; protective factors	
Risky behaviours such as running away from home, exploitative sexual relationships or unsafe sexual behaviours, worrying substance or alcohol use.	
Past episodes of self-harm/injurious behaviours	

<b>LOW RISK</b>	
Superficial self harm with no risk to life	
Fleeting thoughts of serious self-harm or suicide but no intent or plan to carry this out	
Protective factors present (e.g. young person is seeking help, supportive relationships in family and friendships; positive plans for the future, good physical health)	
Some struggle to manage emotions/behaviours towards self and others at times	
Some anxiety/ low mood/ distress but with little impact on overall functioning	

**If concerns are high or you would like further advice, please speak to a CAMHS clinician – see pathway.**

Community Child and Adolescent Mental Health services operate on a multi-disciplinary team basis.

You are unlikely to be able to talk to a Child and Adolescent Psychiatrist when you contact CAMHS, but you will be able to talk about your concerns with an experienced mental health professional who will be able to offer you advice and guidance to help you to decide what to do for the young person you are concerned about.

CAMHS do not provide an emergency service, but the **Centralised Intake Team (CIT)** is able to offer urgent mental health assessments – as soon as is possible - both at Barton Hill and in community settings if the level of risk is high and if the mental health needs of the young person indicate that this is needed.

Your **risk screen** and subsequent discussion with CAMHS colleagues is an essential part of this process.

If referral not accepted by CAMHS you will receive a letter from CIT including suggestions for support within 5 working days. If this is not clear/concerns increase, contact CIT to discuss as per advice in CAMHS decline letter.

Off The Record can also provide non-urgent counselling support to children and young people from 11 years:

Call free on: 0808 808 9120

Text: 07896 880 011

[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

NHS Choices page on young people and mental health

[www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx](http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx)

### Creating a Safety Plan – To be agreed with the young person

Guidance for General Practitioners – Please consider Safeguarding issues and develop a Safety Plan with all young people who present with self-harm behaviour.

Encourage the young person to identify some people in each of the groups below that they would feel comfortable talking to-

1	Family and close friends who make you feel safe	Name: Contact number –  Name: Contact Number -
2	Friends and people you see every day	Name:  Contact details –  Location -
3	Helplines and professional people you could go to, for example: TESS Helpline 0808 800; <a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> Childline-08001111 Samaritans - 116123	

Identify with young person - What are your warning signs? – thoughts, images, mood, situation behaviour that let you know there is an increased risk?

What can you do to stay safe? What has helped before? At home? In a social setting?

What is important to you and worth living for?

Signed, name, Professional Title and date.

### Useful Telephone Numbers

**Bristol and S Glos Locality CAMH team telephone numbers Monday – Friday 9-5:**

**East Central CAMH service – Barton Hill – 0117 340 8600**

**South Gloucestershire CAMH service – Kingswood Hub – 01454 862433**

**North Bristol CAMH service – Southmead Hospital – 0117 323 5802**

**South Bristol CAMH service – Knowle Clinic – 0117 340 8121**

**Centralised Intake team – 0117 340 8570**

**‘Out of hours’ Child and Adolescent Psychiatrist Tel 0117 923 0000**

**Child protection safeguarding concerns identified at any point must be discussed with Social Care via Access and Response team or First Response**

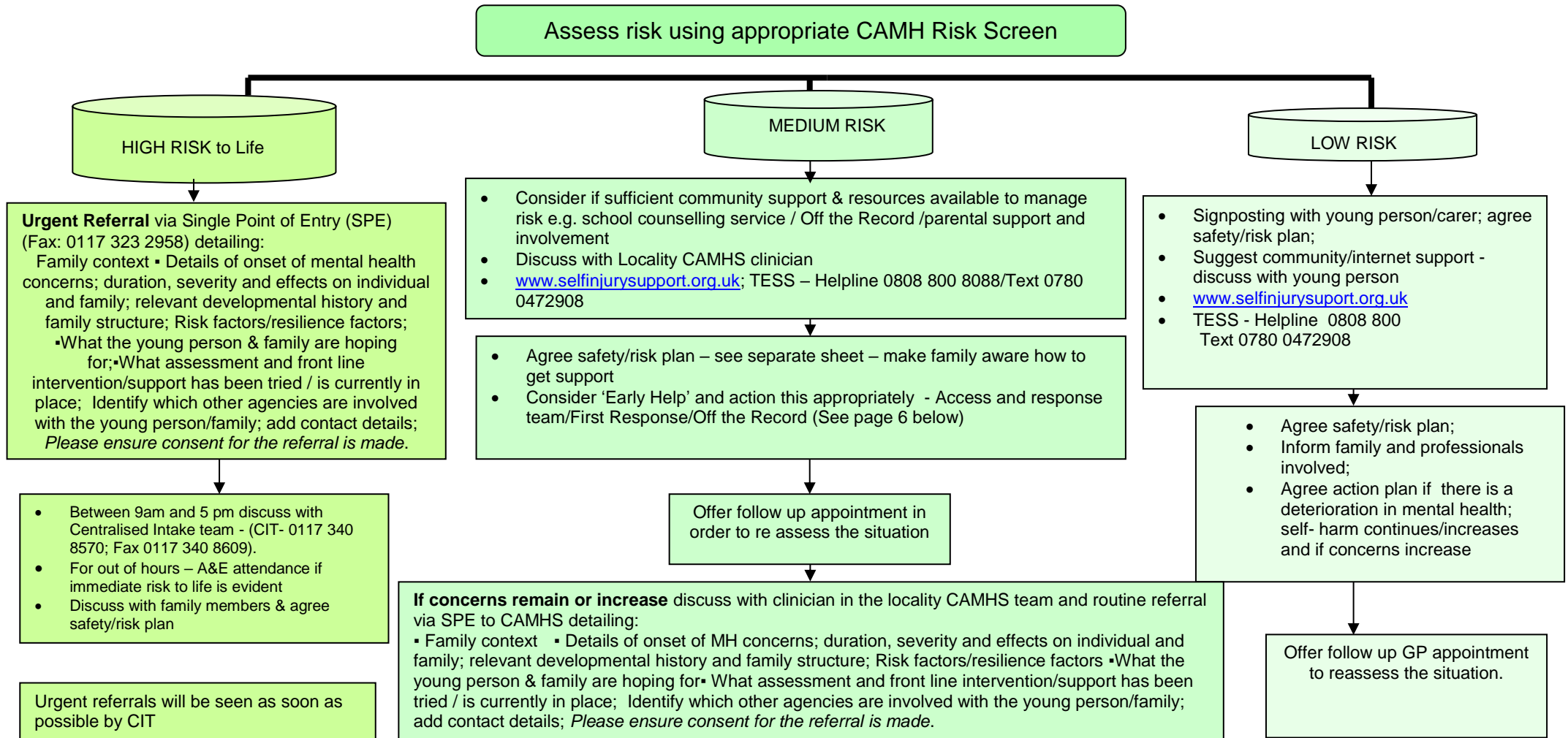
[www.southglos.gov.uk/safeguarding](http://www.southglos.gov.uk/safeguarding);

[www.bristol.gov.uk/bristol/safeguarding](http://www.bristol.gov.uk/bristol/safeguarding)

**Access and Response Team – 01454 86000**

**First Response - 0117 903 644**

## CCHP Young Person's Self- Injurious Behaviour/Self Harm Risk Screen CAMH Clinical Guideline



**If unsure, discuss with Locality CAMH team Clinician 9am – 5 pm – See page 4  
For 'Out of hours Child and Adolescent Psychiatrist' Tel 0117 923 0000**

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