



## Self Harm

# Patient Information Leaflet

April 2019

Self-harm is when someone injures or deliberately harms themselves. This can include taking an overdose or cutting yourself. Anyone who harms themselves might be struggling to cope and may need help.

Here is some information for you about why you have been admitted to the Ward and what will happen to you.

### **Why do I need to be admitted to hospital?**

Taking an overdose or harming yourself can be dangerous. We recognise that you may be going through a difficult and traumatic time and we would like to help you in 2 main ways.

- To give hospital treatment to make sure you do not suffer any long-term harm.
- To talk about any problems you may have that has made you want to do this. We understand that you might be feeling upset about what has happened. We are here to help you and to listen when you feel ready to talk, not to judge you for what you have done.

### **What will happen on the ward?**

- If you have taken an overdose you will need to have a blood test. This will measure how much of the drug is in your blood. We will use an anaesthetic cream or spray so this does not hurt.
- You may need another blood test to see if the levels are going down. It often takes 24-48 hours for the effects of paracetamol damage to become apparent.
- You may need to have an intravenous infusion (a drip into your arm) for treatment to be given.
- You will have a nurse looking after you, who will keep checking to make sure you are alright and if you need anything. Sometimes you may need to have a 1 to 1 support worker to make sure that you are safe. You can also talk to these workers if you want.
- Usually, on a week day, a worker from the Healthy Young Minds Team (formally CAMHS) or the Liaison Mental Health Service will come and talk with you, your parent or carer. The Healthy Young Minds team see young people up until their 16<sup>th</sup> birthday. The Liaison Mental Health Service team see young people 16 years and older.
- If you have cut yourself then these will need to be cleaned and dressed.

### **What facilities are there for me?**

- We have a Playroom and a Recreational room that you can use whilst you are on the Ward. These rooms have game consoles, books and craft activities if you would like to keep occupied. Our Hospital Play Team can also provide you with things to do by your bed if you don't want to leave your bed space.
- You have to stay on the Ward all the time unless a parent/carer is with you. Check with your nurse first.
- There is open visiting for parents. For all other visitors we ask them to only come after 1pm until 8pm. If you would like a parent or carer to stay with you we can give them a bed to sleep on next to you.

### **What is Healthy Young Minds/Liaison Mental Health Service?**

The Healthy Young Minds/Liaison Mental Health Service has a team of mental health professionals who specialise in helping young people with their problems. A member of the team will come to see you on the Ward and will talk with you and your parent or carer. Their job is to help you and your parent or carer think about when you are safe to leave hospital and what further support you may like. You will have a chance to speak to the worker on your own as well as with your parent or carer.

### **Has the overdose done me any permanent harm?**

There are no safe limits of overdose. Different drugs have different effects on your body. An overdose of paracetamol can cause serious damage to the liver and kidneys. Some people are very susceptible to liver damage and some are not. The doctor can diagnose the liver damage by taking blood tests.

The liver can repair itself. If the damage is very bad and the liver fails to repair itself a liver transplant will be needed.

If you are asked to return for another blood test it is really important that you do so. You may feel well but your liver function needs to be checked.

### **When can I go home?**

Usually you spend one night in hospital. If it is more complicated or at the weekend then it can be longer.

### **Do I need to come back for an appointment?**

The Healthy Young Minds worker will ask you to return for an appointment with them. If you are not from the local area they will arrange one with the Child and Adolescent Mental Health Service where you live.

### **Telephone/Online help:**

Healthy Young Minds

<http://healthyyoungmindspennine.nhs.uk/>

Childline 0800 1111

A helpline for young people, free confidential advice for all types of problems.

Samaritans 08457 90 90 90 or email [jo@samaritans.org](mailto:jo@samaritans.org)

Telephone and email advice for anyone who is worried, upset or suicidal.

NHS Direct 111

A helpline with advice provided by NHS nurses.

Youngminds 0800 018 2138 or [www.youngminds.org.uk](http://www.youngminds.org.uk)

A children's mental health charity

Kooth

Offers emotional and mental health support to young people aged 11 – 24 years

[www.kooth.com](http://www.kooth.com)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی یہی ایہی تہا پڑتے ہا بھتے نا پائےن، تاہلے انورہ کئے اٹھنیک ہلپ ڈیمےر ساہے ڈیٹیفونے یوگااےوگ ہڈنن 0161 331 5149/5150 ایہی ناہارے، تہن تارا آپناکے ساہاا کرہتے پارہے۔

آپو آہا آہی ماہیٹی پانہی ڈ ناہلہ ہاڈی لہی تو ڈرہا ڈہی، آہاڈی ڈ ہلہ ڈیماڈی 0161 331 5149/5150 لالہر ہر لالہ ڈ ہاڈی تےآہی آہاڈی ڈرہا ڈہی ڈہی۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آٹھنک ہیلپ ڈیمےر کے ساتھ ٹیلی فون نمبر 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

## **References**

Adapted from UHSM Self Harm advice leaflet  
Paediatric Self Harm Protocol (2012) Tameside Hospital  
Paediatric Overdose Protocol (2012) Tameside Hospital

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