

When your child is worried about a friend

Your child may tell you about a friend who is self-harming. This can be worrying and confusing for them. Support them by listening and advise them to encourage their friend to seek support from a trusted adult.

Help them understand that they may feel bad that they can't help their friend enough, or guilty if they may have to tell other people they are concerned about their friend's safety. Tell them these feelings are common and don't mean that they have done something wrong or not done enough.

There is a leaflet in this series for young people.

About this leaflet

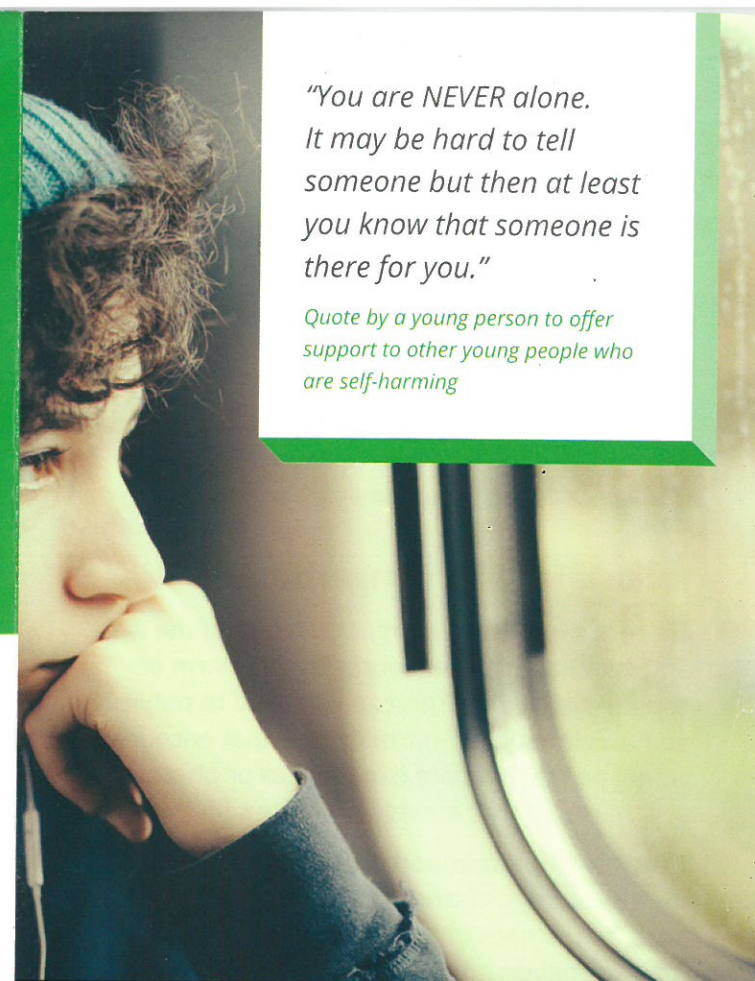
The NHS and Cornwall Council have been working with schools in Cornwall to develop a countywide strategy for self-harm. Together our aim is to make sure that we support young people not to self-harm. We also aim to offer the best possible support for those who do self-harm and their families.

This leaflet is intended to help all parents and carers understand what self-harm is, and to help those whose children self-harm.

Perhaps the most important thing we can do together is to build the emotional resilience of our children and young people. If young people develop the skills to combat adversity and deal with the emotional rollercoaster of childhood and the teenage years, the rate of self-harm will start to reduce. You can find out more about the work going on at:

www.savvykernow.org/parents

This work on self-harm is a partnership project by Cornwall Council, NHS Kernow, Council of the Isles of Scilly, schools and young people.



"You are NEVER alone. It may be hard to tell someone but then at least you know that someone is there for you."

Quote by a young person to offer support to other young people who are self-harming

Harm minimisation

Is one way you can help your child. You may find it very difficult to think that your child will continue to self-harm, but it is important that the physical risks, such as infection, are reduced as much as possible. Make sure first aid supplies are freely available and make an agreement that they will look after themselves if they continue. At the same time, help them to find strategies to reduce the self-harm such as distraction techniques (see the ideas in the young people's version of this leaflet or on some of the safe sites listed on the right)