

Concerned about self-harm in a child or young person?

Here's what to do next

“I’m worried they have been self-harming or thinking about it.”

Scan the QR code or visit the link below for a selection of resources on supporting children and young people and keeping them safe.

www.cheshireandmerseyside.nhs.uk/cypselfharm/whattodo



“They are in crisis and need urgent support.”

Dial **NHS 111** and choose **option 2** (for mental health).

You can use this option wherever you are and you'll be connected with appropriate local support.

“They may have seriously harmed themselves.”

If you believe a child or young person has seriously hurt themselves, **call 999** or support them to **go to A&E immediately**.

Scan the QR code for more resources to support a child or young person in crisis



Children and Young People's
Transformation Programme