

Self-Harm Initial Response Pathway – June 2025

LOW	MEDIUM	HIGH
<i>The young person is thinking of self-harming, they may have looked into ways to do it, have discussed it with friends, have the means to do it and have connected the 'want' to do it to 'cope' with events in their life.</i>	<i>The young person is self-harming and either already perceived as a 'coping' strategy or becoming an established routine. There is an established cycle of distress and relief.</i> <i>Rising concern would be evident if there is increasing frequency of self-harm or the method of harm is perceived as being insufficient and so more damaging methods are sought, investigated or talked about.</i>	<i>The young person's actions require medical treatment (e.g. overdose/lacerations) or pose an imminent danger to life (e.g. has the means to risk their life and is intent on doing so).</i>
Talking – Family, Teacher, Friends, Foster Carers	Lincolnshire Here4You line – 0800 234 6342	Lincolnshire Here4You line – 0800 234 6342
Lincolnshire Here4You line – 0800 234 6342	NHS Direct – 111	Urgent Treatment Centre (e.g. Minor injuries)
Kooth.com - https://www.kooth.com/	GP Surgery	Accident & Emergency (e.g. Overdose/significant injuries/harm to self)
LPFT website – https://www.lpft.nhs.uk/young-people	LPFT website – https://www.lpft.nhs.uk/young-people	LPFT website – https://www.lpft.nhs.uk/young-people
Consider whether the child/young person would benefit from Early Help involvement, if wider multi-agency support is required – or whether a safeguarding referral might be required, e.g. if there are no identified/consistent protective factors or if abuse/neglect is a causal factor in relation to the self-harm/ideation.		