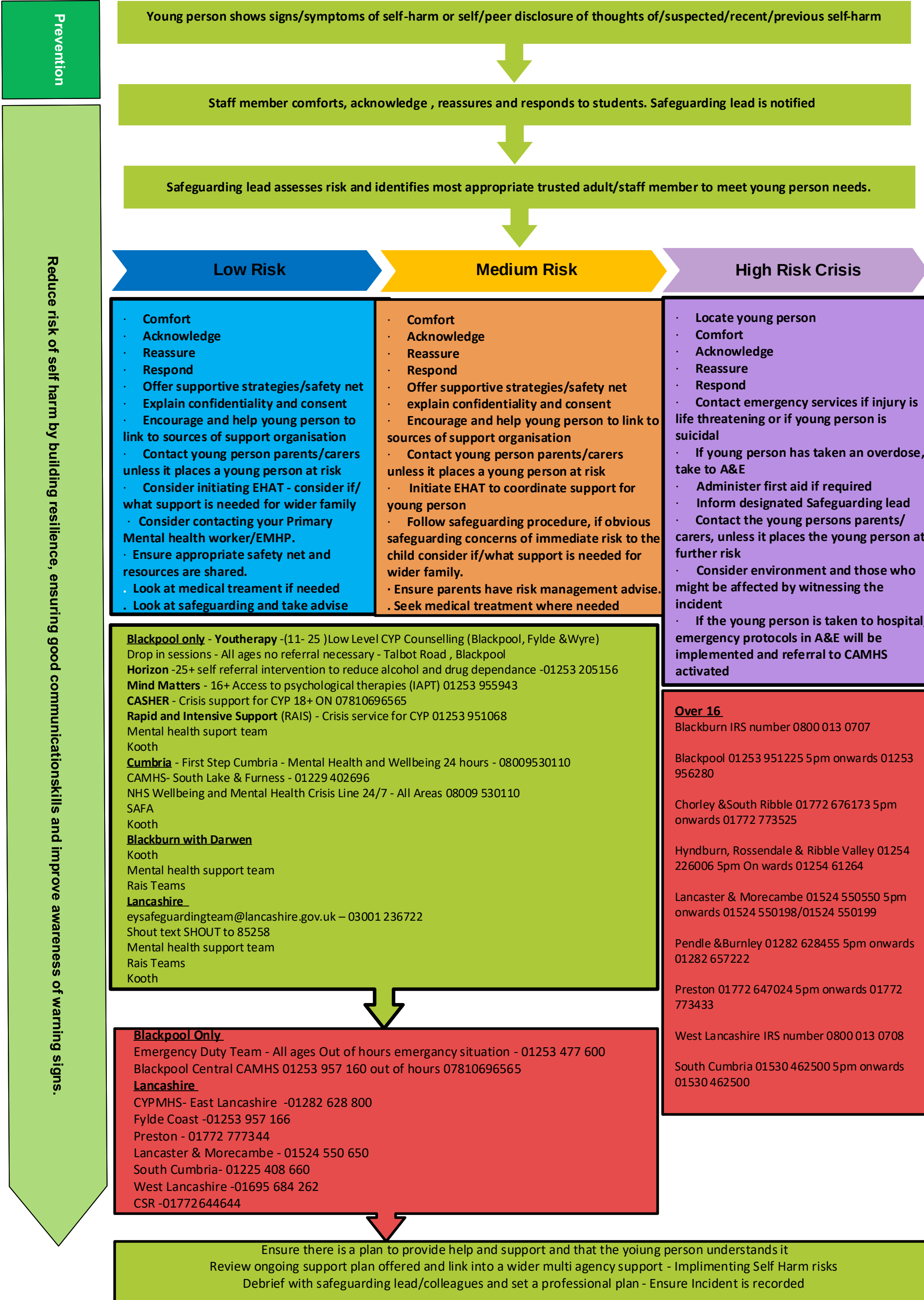
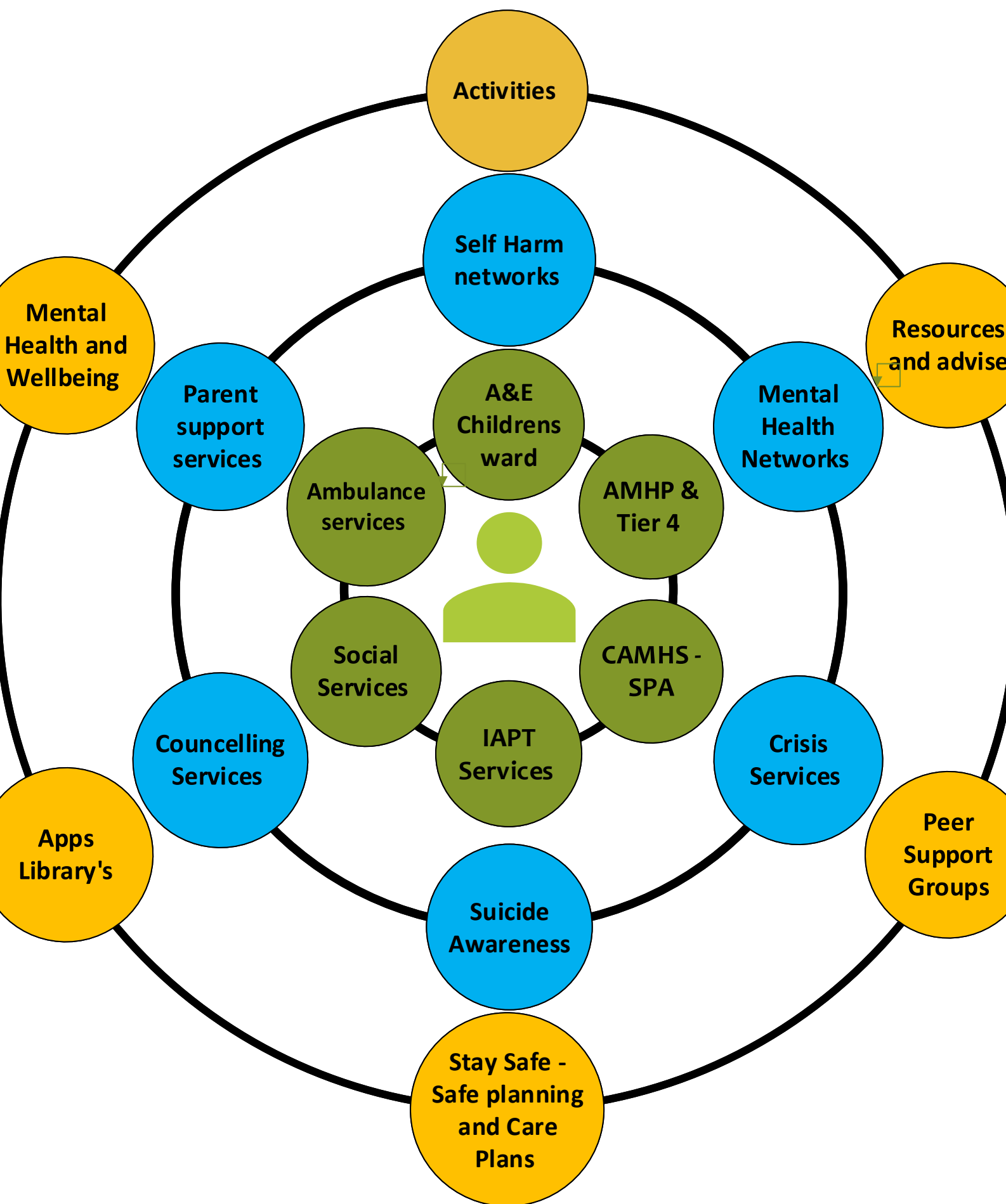
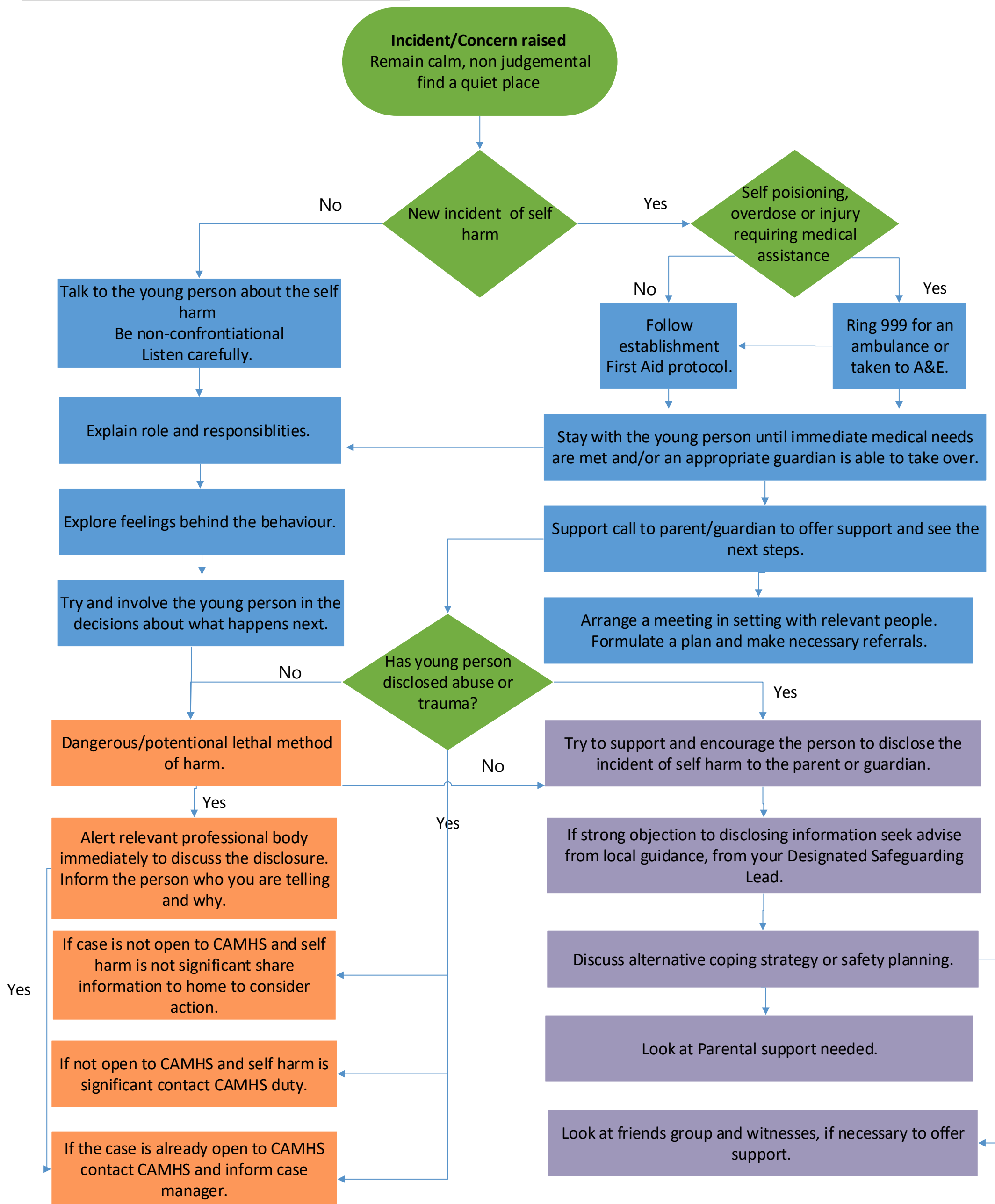






Self Harm Pathway

Responding to disclosure of self-harm



Footnote:

New incident - incident that has just happened and presents new injuries

Existing - self injury that has been completed previously and only disclosed now

Dangerous/lethal self harm -

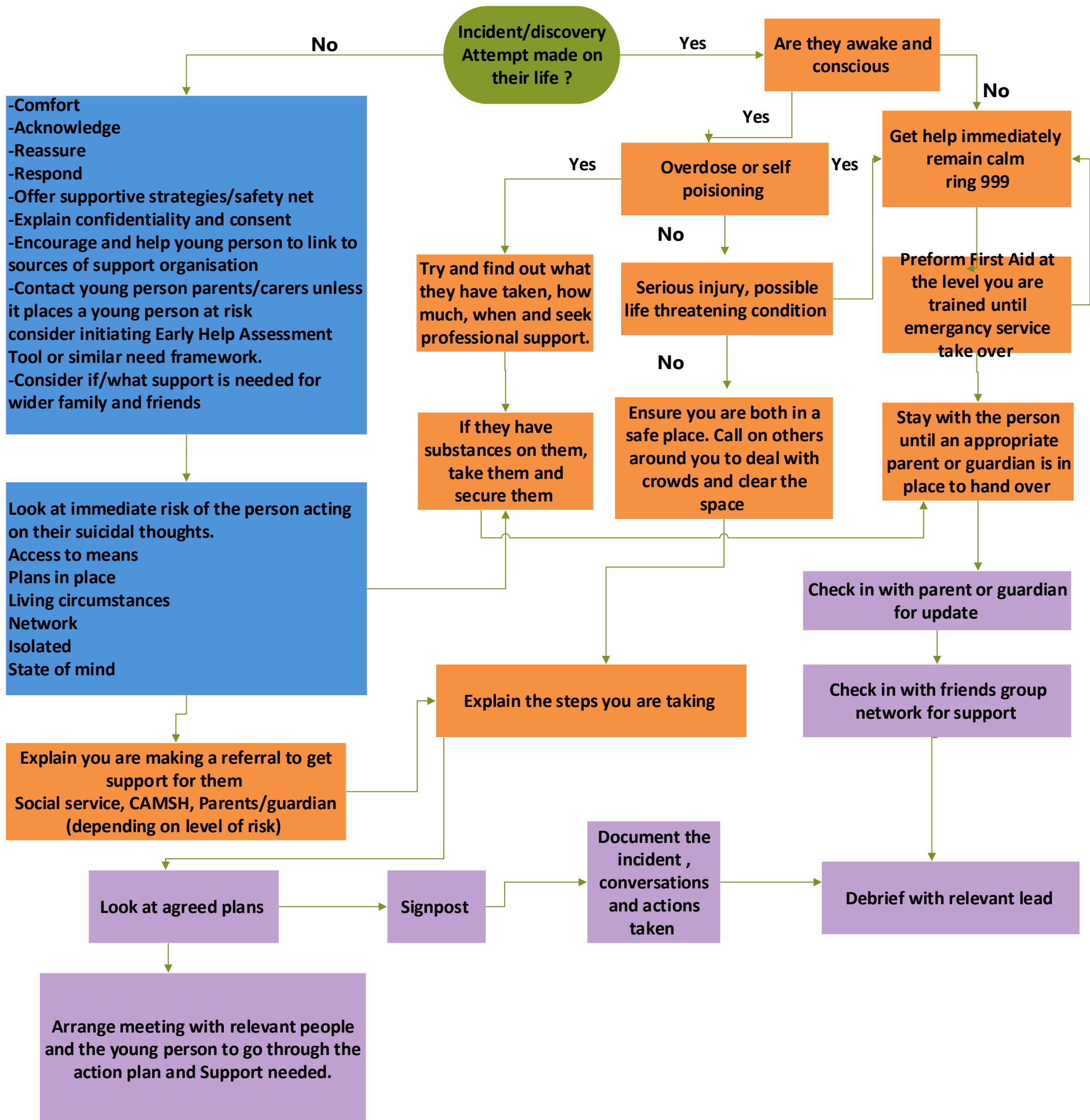
BLUE - Low risk Route.

ORANGE- High risk route.

PURPLE - Support and tracking route following incident.

Suicidal Thought or behaviours

Guidance for responding of suicidal thoughts or behaviours



Footnotes

Attempt:

Suicidal ideation

Self Harm

Risk

BLUE - Low risk Route.

ORANGE- High risk route.

PURPLE - Support and tracking route following incident.

	Clinical /Extra Support	None Clinical /Local	Self Care and Wellbeing / Support all	Specialist Support
Self Harm services	- Wellbeing Helplines and texting service 08009154640 or text hello to 07860022846 - East Lancashire and Blackburn with Darwen	-SEED Lancashire -SAFA -Cumbria -Recover Your Life -Harmless -Crisis -Stem4 -Zero Suicide Alliance -Life sign -Every Life Matters -Safety net -Rightlines	-Rise and SHine -Phoenix Rising Wellbeing -Outdoor4all -Battle Scars -Beyond the scars -Red Rose Recovery	-CASS telephone Service Women Only -Self Injury Support - Women Only -My Time Barnardos -Shout - Deaf Link service -Cashier
Mental Health services	- LSCFT Wellbeing and Mental health Helpline - IRS - Lancashire and South Cumbria NHS Foundation Trust - Mental Health Crisis Line 08009530110 - Veterans Mental Health Services	-MindEd -IMO charity -Crossroads -Gambling with lives -New era -Winston wishes -Mind -Mindline Cumbria -Bullying UK	-Muslim Youth helpline -Mental health Urgent -Response -Family Lives -Samaritians -YouTherapy -Firstsite -CANW EHWB Team -Creative-lives.org -Hope Street	-Lancashire Women - Women Only -Circle - OCD Support -Chrysalis - Transsexual support group -The Healing Well - Chorley -Veterans Gateway -Hearing Voices support group -Growing Well - 17+ -CADAS -10+ -PAC promotion Autonomy and Change
Suicide Awareness Support	- Approved Mental Health Professional Service	-Student against Depression -Pauls Place -Red Rose Recovery -Shout textline -Staying safe -Papyrus -Acron Recovery	-The Mix -Re:Fresh -Care network Bereaved by --- - Suicide telephoneline -CALM -Age Uk advise line -Every Life Matter	-AMPARO - Bereaved by suicide -EveryLife Matters - cumbria -May tree - respite -Mind Out - LGBTQ+
Counselling services	- Talking Therapy Therapy - Mindmatter	-Birchall Trust -Together All -Cedar House Concelling and Psychotherapy -Family Lives -Maundy -SANELine -Stride -UR Potential -Intact -Yewdale Counselling Services	-Papyrus Debrief Services -Resilience Hub -Kooth	-Mind Matters 16+ -Beacon Counselling Trust - - - Gambling -N-Compass- Drug and Alcohol -Cruse - Bereaved by Suicide
Peer Support groups	- Psychosis Peer support	-Peer talk -Preston -Peertalk -Intact -Peertalk Preston 18-30 group -Survivors bereaved by Suicide -Suicide Bereavement Support -papyrus -Samatritian	-MINDOUT - LGBTA+ -Men Shed -Andy's Man Club -The lighthouse - Blackpool -SOBS - bereaved by Suicide - Happy daze Men's peer support - preston - Barrow mens Group -Healthy Hopes - Dads place	-LGB&T Out in the Bay -CYP -The Billy Project - Female +18 -Action for ASD - autism 4-19 -Suicide bereavement support -Support group for people affected by Suicide
Crisis Services	- LSCFT Helpline - East Lancashire and Blackburn with Darwen - Drop in services	-Richmond Fellowship -The Haven -James Place - Text line -WISH Centre -West End Impact - Birchwood - Crisis placement	-CAMHS Resources -Thinkninja -Headspace -Citizen Advise Debt and welfare service -Nightsafe	-Gateway 4 Women - Women only -Crisis assessment and intervention services -Streetlife emergancy shelter - 16-25 -Women Aid - Blackpool, Fylde and Wyre -My Positive Futures - Crisis cafe in Barrow.



Self care is the most effective way to support children, young people and their families.



Self Care is the mostt effective way to support a person.



Self Care is the mostt effective way to support a person.

Self-harm Pathway

A guide to help to help decide who to ask for help to choose the right support and service:

