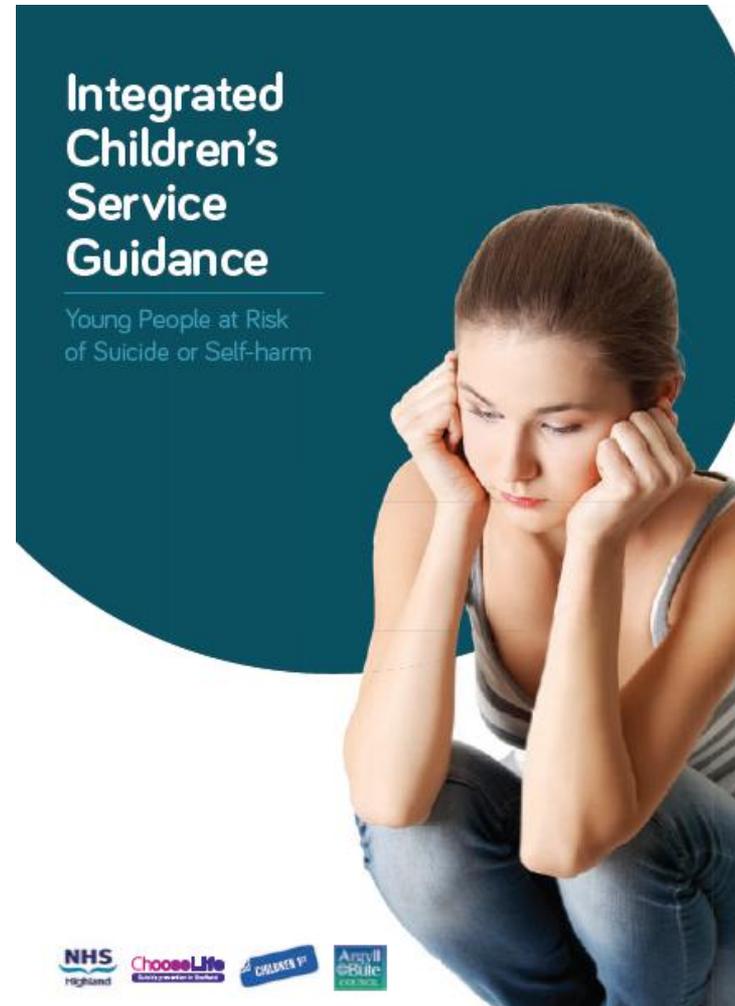


Integrated Children's Service Guidance

Young people at risk of Suicide or Self-harm



Integrated Children's Service Guidance

Young people at risk of Suicide or Self-harm

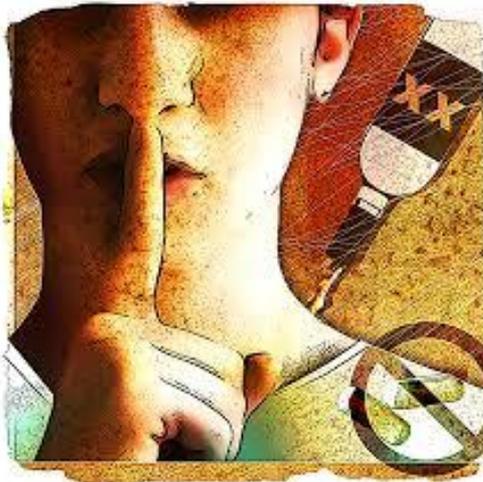
This is not just a checklist – each situation needs to be considered carefully.



Integrated Children's Service Guidance

Young people at risk of Suicide or Self-harm

We need to manage the potential conflict between **communication** and **confidentiality**.



Integrated Children's Service Guidance

Young people at risk of Suicide or Self-harm

- This is guidance that will change and evolve.
- Feedback is important.
- Evaluation is happening now.



https://www.argyll-bute.gov.uk/sites/default/files/nhs_highlands_self_harm_brochure1_0.pdf

Integrated Children's Service Guidance

Young people at risk of Suicide or Self-harm

Training to support the guidance:

- ASIST
- Safe Talk
- Self Harm
- Mental health and wellbeing

Training

developing the skills, experience, and
employees need to perform
improve their performance
skills, and abilities, specific



Integrated Children's Service Guidance

- Link to 'Opening up about self harm'

Mentally Healthy Schools

Objectives

- Develop **a culture of mentally healthy schools** where pupils and staff are increasingly committed to the mental health and wellbeing of themselves and each other
- **Promote help seeking** for mental ill health, thoughts of suicide or self-harming behaviours
- Provide mental health, self harm and suicide prevention **training and awareness- raising**
- Support schools to develop **guidance to enhance assessment and early intervention**

Mentally Healthy Schools

- Our secondary schools are all different
 - from 27 pupils to approximately 1400 pupils
 - more urban to remote and rural
- Needs within schools and communities change
- Plan to join each school on their journey



Mentally Healthy Schools

What had already been happening?

- *Promoting Alternative Thinking Strategies (PATHS)* curriculum development at the early years and primary school stage



- The launch of Integrated Children's Service Guidance: *Young people at risk of suicide or self harm*
- The adoption of *Safetalk* training by Campbeltown Grammar for self-selecting pupils over the age of 15
- Delivery of *Scotland's Mental Health First Aid: Young People* to teaching staff and other professionals working with young people

Mentally Healthy Schools

What had already been happening contd -

- Support and training provided to staff in Hermitage Academy by Educational Psychology on mental health, to increase skill and confidence and support the development of a school strategy
- The production of 2 short films made by young people at Oban High School and Tarbert Academy
- Senior leaders across all 10 secondary schools expressed both a need and a commitment to enhancing skills and confidence in addressing mental health issues of all within the school community

There is a strong history showing that the offer being made by the team has been perceived as helpful in improving outcomes.

Mentally Healthy Schools

- Building on what schools already know about themselves
- Listening to and supporting children and young people in a different way
- Positive start at Tarbert Academy



Adverse Childhood Experiences

Addressing everyone's

