

Self Harm:

An animated film by young people

Made by young people at Scarborough Child and Adolescent
Mental Health Service (CAMHS) **5 mins**

Health Warning

- The term Self Harm covers a wide range of behaviours;
- Self Harm affects many Children & Young People
- This presentation contains an animated video which some people may find upsetting;
- The contact details of agencies who provide advice, guidance and support for practitioners and service users are on the penultimate slide.

Overview of session

A short animation about self harm made by young people at Scarborough Child and Adolescent Mental Health Service (CAMHS).

It has useful information and suggestions, this is an alternative view to other films about cutting.

This one is lighter rather than miserable, while being honest and helpful.

It features authentic stories from young people who have experienced self-harm and are in recovery now.

Made for Tees Esk and Wear Valleys NHS Foundation Trust.

**Click on the picture below or
copy & paste the link into your
browser to watch the video**



<https://www.youtube.com/watch?v=0h2gPiKWiTY>

Services who can give Advice Help & Support

- **NCHA 24 hour Mental Health Helpline:** 0800 183 0558
- **Young Minds:** <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>
- **CAMHS Single Point of Access:** Telephone: 01977 735900 Airedale Health Centre Castleford
01924 316950 Drury Lane Wakefield
- **Kooth** <https://www.kooth.com/>
- **Children First Hubs** provide a whole family approach to the support they offer for children and their families. Referrals via MASH. Tel: **0345 8 503 503.**

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Please email your Feedback or Comments to:
wscpevents@wakefield.gov.uk

