

# Sutton CAMHS Nurse for Self Harm

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The Sutton CAMHS nurse for self-harm will provide:

- Advice and guidance to professionals around self harm
- Discussion/support about whether to make a referral to CAMHS
- Advice and guidance to parents/ carers in relation to concerns about self harm

Following this, if no further support is required, a direct referral to the self harm nurse will not be made.

A direct referral can be made where there are concerns regarding:

- Suicidal ideation
- An associated mental health difficulty, such as low mood/depression or anxiety
  - Requirement for risk assessment of needs

Direct referrals can be discussed in advance with the self harm nurse or a member of the CAMHS SPA team on **020 3513 3842** or **020 3513 4063**.



Where a direct referral is needed, a SPA referral form will be completed and the self harm nurse will provide:

- Assessment of emotional/mental health needs
- Assessment of risk associated with self harm or suicidal ideation
- A safety plan with the child, young person and their parent/carer
- Brief intervention sessions focused on safety planning, reducing risk and encouraging safe coping skills.
  - Referral onward to further intervention where required.

The self harm nurse will have links to other CAMHS provision where required.

Please feel able to contact the SPA Duty system to speak to a CAMHS clinician or to contact the self harm nurse.

## Thank you

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