Self harm

Service provision across all tiers.

Multi-agency training to underpin delivery of universal services to enhance emotional health and wellbeing and increase resilience.

Promotion of healthy ways of expressing emotions/emotional distress.

Tier 1

Universal services

Single point of contact 0800 977 4077

Self harm behaviour that occurs in the context of a relatively stable and responsive social context and where there is no indication of suicidal intent. Assessment of self harm and referral on to more specialist service. One off or very occasional low level harm associated with, for example peer pressure, experimentation and no evidence of suicidal intent.

Tier 2

Targeted services

Access and assessment team 0300 790 0371

Persistent and severe self harm; self harm behaviour where there is suicidal intent; self harm that takes place in the context of complex social situations; self harming behaviour that presents alongside other issues such as depression, or health issues such as diabetes; self harm

Tier 3

Specialist services

Think about

- Level of distress in child and family
- Duration of presenting problem
- Level of multi agency work
- Risk of harm to self or others
- Degree of impairment of normal life

Self harm where the risk of suicide necessitates highly specialist provision

that is related to trauma.

Tier 4

Highly specialist services

For contact details please go to www.norfolk.gov.uk/CAMHS
You can ask a mental health service for a consultation at anytime