

My emergency toolkit

People your child will contact when having suicidal thoughts/urges to self-harm,

for example:

1. Mother and/or father: face to face or mobile numbers 00000 000000 and 00000 000000
2. Other relative, e.g. brother: mobile 00000 000000, landline 00000 000000
3. School nurse/teacher: face to face
4. GP: GP telephone number and out of hours number
5. Responsible friend: mobile 00000 000000
6. Support organizations or crisis phone numbers (e.g. ChildLine or Samaritans, see Appendix 1, note the telephone numbers down)
7. Nearest A&E department for on-call psychiatrist

Triggers that seem to make your child's mood worse or increase the likelihood of suicidal thoughts and/or urges to self-harm, for example:

1. Arguments with friends/family
2. Spending too much time on social media sites

3. Spending too much time alone
4. Substances (e.g. alcohol)
5. Bullying or being in trouble with the law

List of useful distractions, for example:

1. Watching a funny programme on television
2. Helping with gardening or dinner
3. Going for a jog/walk/to the gym/drawing
4. Phoning someone

List of other coping strategies to prevent harm, for example:

1. Writing feelings down
2. Punching a pillow or screaming into the pillow
3. Listening to uplifting music
4. Flicking a rubber band against the skin, putting an ice cube on the skin or pinching (instead of cutting)