**BSCP Self harm Guidelines – Sample letter to parents or Carer**

Date Address

Dear (Parent / Carer)

Thank you for taking the time to discuss with us your son / daughter’s disclosure of self- harm / suicidal thoughts.

I am writing to reiterate our concerns about ’s safety and wellbeing

and to summarise the key recommendations as discussed.

The recent incident of self-harm / or threat to self-harm by indicates

that s/he may require / benefit from further advice and support from a health professional, for example, her GP / CAMHS (Child and Adolescent Mental Health Service) / the School Counsellor.

We therefore recommend that you make an urgent appointment to visit your local GP for further advice in this regard. Please let your GP know that the School would welcome the opportunity to work with any health professionals involved in your son / daughter’s care, including providing information for, and attending any review or multi-agency meetings as appropriate.

Or

As agreed, we have therefore made a referral to our School Counsellor / CAMHS. As part of the referral process we have stated that we would welcome the opportunity to work in partnership with the health professionals involved in your son / daughter’s care, including providing information for, and attending any review or multi-agency meetings as appropriate.

We will continue to provide support within school, and would encourage you and your son

/ daughter to share any information that you have, now or in the future, to enable us to do this as effectively as possible.

If you have any questions or concerns please do not hesitate to contact me. Yours sincerely

Copied to:

Enclosed:

CAMHS information for parents and young people. Information for friends, family and carers.