**BSCP Self Harm Guidance Appendix**

**Further information for parents/Carers and young people**

Coping with Self-Harm: A Guide for Parents and Carers: This [freely downloadable PDF guide](https://www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-brochure_final_copyright.pdf), which has been developed by researchers at the University of Oxford, provides information for parents and families about self-harm and its causes and effects. It is based on current research on self-harm and on the interviews with parents who children self-harmed. It contains quotes from them with advice for other parents as well as evidence-based information and links to sources of help.

[Children and Young People Get Depressed Too](https://youngminds.org.uk/shop/children-and-young-people-get-depressed-too/c-23/p-112): This leaflet from Young Minds helps distinguish between feeling depressed and when depression has become a bigger problem.

[Do You Ever Feel Depressed](https://youngminds.org.uk/shop/do-you-ever-feel-depressed/c-23/p-113): This leaflet from Young Minds if for children and young people who are feeling down or depressed. It talks about how normal it is for people to feel up or down at different times but highlights the difference between these feelings and more serious longer-term depression, which can make daily life difficult.

[What Are Child and Adolescent Mental Health Services](https://youngminds.org.uk/shop/what-are-child-and-adolescent-mental-health-services/c-23/p-123): This leaflet from Young Minds is for parents or carers who child has been referred to [CAMHS](http://bscb.procedures.org.uk/page/glossary?term=Child+and+Adolescent+Mental+Health+Services&g=0EzN#gl48) ([Child and Adolescent Mental Health Services](http://bscb.procedures.org.uk/page/glossary?term=Child+and+Adolescent+Mental+Health+Services&g=0EzN#gl48)). It is also for parents and carers who want to know how to get support from [CAMHS](http://bscb.procedures.org.uk/page/glossary?term=Child+and+Adolescent+Mental+Health+Services&g=0EzN#gl48).

[Worried About Self-harm?](https://youngminds.org.uk/shop/worried-about-self-harm/c-23/p-131): This booklet from Young Minds aims to help those who want to find out more about self-harm and to find support for themselves or someone they know. It includes information about:

* What self-harm is and why people do it.
* Thinking about stopping and getting help.
* How friends and family can help.
* Useful addresses and contact numbers.