













There are different types of help or support available for self-harm. Use this tool to help you, your parent or carer and a professional decide about getting help or support for self-harm. Both grids for this presenting difficulty should be used together.

Note: You may want to try other types of help or support alongside the ones that are listed here. Changes to diet, exercise and lifestyle could also help to improve your symptoms, although there is not enough evidence about this to be sure.



Common questions

<p>What will this involve?</p>	<p>You will usually meet weekly with a therapist who can help you understand your difficulties, solve problems and set goals. They will create an action plan with you and give you activities to complete. This can involve learning practical strategies that may help you feel better.</p> <p>You may receive support with school work, social skills, family events, or things personal to you.</p> 	<p>You (and sometimes your parent or carer or other family members) will meet a few times a month with a therapist who can help you understand the difficulties you are going through.</p> <p>There will likely be a focus on your relationships to each other (and your environment) and how this affects your feelings and behaviour.</p> 	<p>You will usually meet weekly with a therapist who can teach you coping strategies to keep you from feeling like you need to harm yourself. This can involve focusing on your thoughts and feelings and how they can affect the way you act.</p> <p>Group Talking Therapy will give you the opportunity to talk with other young people who are experiencing difficulties similar to you.</p> 
<p>How will this help me feel better?</p>	<p>This support may help you learn about self harm and the reasons why you self harm. You will be given practical strategies for managing your feelings that may help you feel better.</p> 	<p>This support may help you to think about your difficulties in relation to your family and to learn new ways to help each other.</p> 	<p>Talking therapies can help you think differently about situations in your life and improve how you feel.</p> <p>Different types of talking therapy focus on different things in your life like your relationships with others, your past experiences, or negative thoughts you might be having.</p> 
<p>Will I see the same people for the duration of this support?</p>	<p>You will usually see one person for this type of support.</p> <p>This may not be the same person you see for your assessment.</p> 	<p>You will usually see one person for this type of support. This may not be the same person you see for your assessment.</p> <p>Your family members might be invited to attend some or all of your sessions.</p> 	<p>You will usually see one person for this type of support. This may not be the same person you see for your assessment.</p> <p>Your family members might be invited to attend some of your sessions.</p> 
<p>Are there risks or side effects from this type of support?</p>	<p>Talking about your difficulties can sometimes cause discomfort, anxiety or stress. Tell the person you are talking to if you are experiencing these feelings.</p> 		

Version 3.1 (last updated 26/07/22) **Editors:** Daniel Hayes PhD, Rosa Town MSc, Emiliios Lemoniatis MBBS, Anna Moore MBBS, Rachel James PsychD

This decision aid does not constitute medical advice, diagnosis or treatment. The authors of this decision aid do not stand to gain or lose anything by the choices people make after using this tool. © 2022. This tool should not be copied without permission from the authors.

References

1. Title

a. Current View tool: <http://www.corc.uk.net/outcome-experience-measures/current-view/>

2. Treatment options

a. NICE 1.4.8: <https://www.nice.org.uk/guidance/cg133/resources/selfharm-in-over-8s-longterm-management-pdf-35109508689349>

b. NICE 1.4.9: <https://www.nice.org.uk/guidance/cg133/resources/selfharm-in-over-8s-longterm-management-pdf-35109508689349>

3. Category headings

a. Obtained from NHS, Choosing What's Best for You Booklet and What Works for Whom,

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/why-people-self-harm/>

4. What will this involve?

a. Problem Solving Skills Training (Brief Psychosocial Intervention): IMPACT protocol: <https://www.ncbi.nlm.nih.gov/pubmed/27914903>

b. Systemic Family Therapy:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/types-of-talking-therapies/>,

<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/types-of-talking-therapy/#family>

c. Individual or Group Talking Therapies: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/why-people-self-harm/>

5. How will this help me feel better?

a. Problem Solving Skills Training (Brief Psychosocial Intervention): IMPACT protocol: <https://pubmed.ncbi.nlm.nih.gov/27914903/>

b. Systemic Family Therapy:

<http://www.mind.org.uk/information-support/drugs-and-treatments/talking-treatments/types-of-talking-treatments/#family>

c. Individual or Group Talking Therapies: Expert Consensus and Dartmouth

6. Will I see the same people for the duration of this support?

a. Problem Solving Skills Training (Brief Psychosocial Intervention): Expert Consensus

b. Systemic Family Therapy: Expert Consensus

c. Individual or Group Talking Therapies: Expert Consensus

7. Are there risks or side effects from this type of support?

a. Problem Solving Skills Training (Brief Psychosocial Intervention): Dartmouth and i-THRIVE Expert Reference Groups (ERGs)

b. Systemic Family Therapy: Dartmouth and i-THRIVE ERGs

c. Individual or Group Talking Therapies: Dartmouth and i-THRIVE ERGs

NICE Endorsement Statement - Support for: Self-harm i-THRIVE Grid

The Anna Freud National Centre for Children and Families and The Tavistock and Portman NHS Foundation Trust have produced a patient decision aid that supports the implementation of recommendations in the NICE guideline on self-harm in over 8s. This tool should be used by a trained healthcare professional, in consultation with a patient.

National Institute for Health and Care Excellence, November 2017