

Is your child hurting or harming themselves?

Have they...?

- Got unexplained bruises, sores, cuts or burns
- Become withdrawn
- Experienced a change in behaviour
- Shown signs of low mood, depression, worry or anger
- Expressed self-blaming feelings of failure, hopelessness, or says they are useless
- Avoided swimming or changing clothes around others



It's important that you and your child know that children sometimes intentionally hurt themselves as a way of managing their emotions.

TOP TIPS

- Talk and listen to your child without judgment. It's important you listen to your child and make sure they feel understood.
- Explain that when in school they can talk and get support from a trusted adult.
- Talk to your child about which emotion they are trying to manage so that you can look for different coping strategies together.
- Try a [distraction strategy to help your child divert the habit](#).
- Listen to mindfulness music or their favourite music and dance it out.
- [Take regular time outs](#).
- Make a mood jar with your child and [use breathing techniques](#).
- Open Minds Calderdale website has lots of resources and advice that will help you and your child [find a solution](#).
- Encourage your child to speak to a professional who can also help (e.g. a GP, counsellor or helpline).
- This can be a very difficult subject for you to discuss and cope with, please seek further help/support for yourself.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to
www.openmindscalderdale.org.uk

Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale



Open Minds website provides advice, information and support on local and national services that help children and young people.

www.openmindscalderdale.org

kooth



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years
Opening times:
Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm
Contact details: www.kooth.com

TIMEOUT
FIND YOUR THING



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years
Contact details: 07418 311736 (text for a call back)
www.timeoutcalderdale.co.uk

POSITIVE IDENTITIES SERVICE
CELEBRATING DIVERSITY WITH PRIDE



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years
Contact details: 01422 371993 or
PositivIdentities@barnardos.org.uk

Open Minds
For Children and Young People in Calderdale



Open Minds (CAMHS) offers specialist help and support around mental health.

Age range: 5-18 years
Contact details:
www.calderdalecamhs.org.uk

c&k careers



C&K Careers offers specialist advice, support and guidance on future career options.

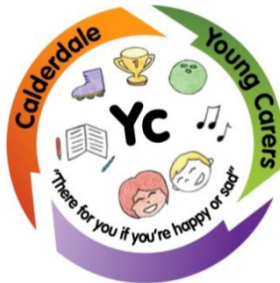
Age range: 13-24 years
Contact details: 01484 213856 or
chat@ckcareers.org.uk

ChatHealth



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

Contact details: text 07480 635297 or
www.locala.org.uk/chathealth



Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years
Contact details: 01422 261208 or
www.calderdale.gov.uk/ycs

Healthy Futures Calderdale



Healthy Futures Calderdale offers advice and support from public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.

Contact details: 0303 330 9974

branching out
DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE IN CALDERDALE



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years
Contact details: 01422 415550

Sexual Health
Calderdale & Huddersfield



Sexual Health offers specialist advice and support around sexual health.

Contact details: 01422 261370

THE BREW PROJECT
Building Resilience & Emotional Wellbeing



The BREW Project offers online 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.

Age range: 5-17 years
Contact details: 01422 730015 or
support@invictuswellbeing.com

For more information and support visit
www.openmindscalderdale.org.uk