

# NORTHERN BEACHES ADOLESCENT SELF-HARM ACTION PLAN ©



#### WHAT TO DO & WHO TO CALL

Non-Suicidal Self-Injury (NSSI) Response Guide

For young people aged 12+ who may be engaging in or thinking about self-injury

- Breathe
- Ask questions
- Reassure them
- Get support
- Do not delay

**GP** for Mental Health Care Plan or

School Wellbeing Team
Headspace Brookvale - 02 9937 6500

Calm Harm App - create a safety plan together

Parentline - 1300 1300 52

Safe Haven Brookvale - 02 9388 5044

(4-8pm daily)

IF YOU ARE
UNSURE OR HAVE
SERIOUS
CONCERNS

Call 000 or Mental Health Line on 1800 011 511 HAVE A PLAN -GOING TO ACT HAVE A PLAN -NOT ACTING ON IT YET 4

SELF- HARM
IDEATION - THEY
ARE THINKING
ABOUT IT
NO PLAN YET

## They're overwhelmed and not thinking clearly

- Stay calm and breath
- Stay with them
- **Speak gently**: "I'm here with you. Lets go somewhere safe together".
- **Encourage** them to seek support in a safe environment.

eg GP, mental health clinic or trusted adult.

## Are they open to help?

Ask: "Do you feel safe right now?"

**Encourage** them to use support lines or apps together.

**Let them know** they don't have to face this alone.

## Help them access support services

Lifeline - 13 11 14

Mental Health Access Line - 1800 011 511

Kids Helpline -1800 55 1800 -

kidshelpline.com.au/self-harm

**13YARN** - **13 92 76** - Crisis support for Aboriginal and

Torres Strait Islander people

- Breathe stay calm
- Help them access support
- Speak gently and ask open questions:
- "When things get tough, what kinds of thoughts come up for you?"
- Reassure them: "I'm really glad you told me. You're not in trouble".
- Let them know they're not alone and help is available.

thevillagenb.org.au