

Policy for Managing Self Harm

Definition

Self harm covers any deliberate action taken by a student which results in injury or potential injury to herself and includes suicidal ideation. Eating disorders are covered under a separate policy although the issues involved may be linked.

Disclosure

This may be by a student about herself or by concerned friends. Alternatively staff or students may notice signs of injury associated with self harm.

Procedures for dealing with disclosure

Any discussion with a student or her friends should be dealt with in a calm manner. Do not express shock or anger but use a firm yet kind approach. Explain that you cannot guarantee confidentiality; what you are told may well have to be passed on to a limited number of people to ensure that the student receives appropriate support. Listen to any explanation carefully and in a non-judgmental way.

- After disclosure of self harm or suicidal ideation, the following action should be taken:
 - The student should be escorted to the Health Centre and if reluctant, inform the Health Centre immediately. The Health Centre staff will then assess the student and keep records.
 - The Health Centre notifies the Head of Section/Junior Dept of disclosure as soon as possible.
 - The Head of Section/Junior Dept will inform the Director of Students.
 - Discussion will determine who will lead the support team and talk to the student but the Director of Students (DoS) must be kept informed at all stages.
- The student should be advised of the following
 - They must not deliberately display injuries in school or discuss their self-harm with other students.
 - To remain in school they must have been assessed by a medical practitioner and receive medical follow up from GP/Counsellor.
 - Parents will be informed by Health Centre/Head of Section/Junior Dept/DoS unless contrary to specialist advice; time may be allowed, if appropriate, for the student to do this herself if she wishes to do so. This will be followed up to ensure it has happened.
- All reasonable steps will be taken for the strategies put forward by the medical practitioner or therapist to be put into practice. Parents must inform the school of all such strategies.
- .In the event that a student has attempted suicide the School's policy is
 - School will liaise with the hospital concerned
 - The student will not re-enter School until medical advice has been received by the School that the student is safe to do so.
 - The Head of Section/Junior Dept/Health Centre will meet parents and possibly with the student in order to put a support plan in place.

Policy reviewed..... Trinity 2017
Next review due..... Trinity 2018
Person responsible for review:..... Senior Nurse/ Head of Sixth Form
Audience..... Staff/Parents