

HINCKLEY HOMELESS GROUP

Procedure For Dealing With Self Harm

Any member of staff; including the Project Manager, Project Workers, Administration Assistant, Bank staff, agency workers or volunteers may be presented with a resident who has self harmed. This Procedure provides guidelines that should be followed to enable prompt and appropriate response to self harm.

Many people cope with difficulties or distress in their lives in ways which are harmful to themselves. This can often take the form of cutting or burning themselves. If a resident presents themselves having self-harmed or intending to self-harm the following guidelines should be followed.

Short Term

1. Show that you see and care about the person in pain behind the self-injury.
2. Show concern for the injuries themselves and assess if the injuries need medical treatment, if so encourage the resident to contact their doctor or go to their local hospital.
3. Make it clear that self-injury is understood and encourage them to talk about it.
4. Convey your respect for the person's effort to survive, even though this involves hurting themselves.
5. Offer them the opportunity to hand in any potentially harmful objects (e.g. razors, acids, matches) until they feel safer.
6. Any incident of self-harm disclosed to staff must be recorded in the Incident File, in the Daybook and to the Project Manager.

First Aid Training and supplies are for Lawrence House staff only. However, if it is necessary to give any First Aid, then this should be recorded in the First Aid Book.

Long Term

1. Encourage the person to seek professional help by signposting them to appropriate services. Staff should offer support and accompany the resident if requested to do so and if appropriate; subject to staff availability. Staff are not expected to counsel the person; this should be only be carried out by trained professionals.
2. Support the person to take steps to keep themselves safe and to reduce the self-injury – if they wish to.

The Management Committee is responsible for ensuring that the Dealing with Self Harm Procedure is subject to full review on a regular basis, not to exceed a period of 5 years.