

Mapping of focussed Self- Harm related work packages and services for children and young people as of July 2024. (v4.2)

Compiled by KMICB CYP Mental Health & Emotional Wellbeing Commissioning Team

Commissioners:

Medway Council Child Health Alumina training: vicky.burrows@medway.gov.uk

Medway Partnership Commissioning Self harm project officer: loveth.okoli@medway.gov.uk

Kent and Medway Public Health Prevention Plan: Jessica.Mookherjee@kent.gov.uk

Kent I-Thrive Champion Programme Manager: angela.ford@kent.gov.uk

KMICB CYP Commissioner Project Manager: lesley.taylor32@nhs.net

Kent and Medway Self harm guidance for professionals, parents, children and young people.

<https://www.kmhealthandcare.uk/mental-wellbeing-information-hub/self-harm-prevention-advice>

Neighbourhood/Place:

Dartford, Gravesham, and Swanley HCP
(emailed Corrine Stewart may come off)

Medway and Swale HCP Self harm project
munya.badze@nhs.net

West Kent HCP workshop
andrew.platt3@nhs.net

East Kent HCP
(emailed Anne Ford may come off)

Ashford North Family Hub – self harm packs (funded from Suicide Prevention grants)
Sarah.rothwell@kent.gov.uk

Training:

Nationally available online self harm training
<https://www.selfharm.co.uk/>

Basic online self-harm training for Medway & Kent Professionals
Alumina training available across Kent and Medway delivered by Medway Council.
<https://healthtraining.medway.gov.uk/>

Mind and Body training for professionals and for parents
<https://www.wearewithyou.org.uk/local-hubs/kent/services/mind-and-body>

Bite size on Managing suicidal ideation & self-harm:
<https://vimeo.com/728873625/d0a4e2ccf9>

Youth Mental Health and Suicide Awareness Training.
[Training | Mid Kent Mind](#)

Services:

Appendix 2

Children and Young Person's Mental Health Services provided in Kent and Medway provided by NELFT

0800 011 3474

or in crisis

NHS 111 MH option (Option2)

Provides Mental Health assessment, interventions and evidence-based treatment to children and Young peoples aged 0-18 years in Kent and 0-19 years in Medway, who are experiencing a range of challenging mental health difficulties

Kent Children and Young People's counselling Service

Kentchft.cyp-counsellingservices@nhs.net

Supporting the emotional health and wellbeing of children and young people aged four to 19 which may include self harm presentations.

Medway Community Health Emotional Wellbeing Service Team

<https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/school-health>

short term therapeutic interventions for young people aged between 5 to 19 who live in Medway.

Mind and Body

[Mind and Body in Kent | WithYou \(wearewithyou.org.uk\)](#)

Supporting 13-25 years in Kent and 18-25 in Medway who have self harmed

Emerge Advocacy Service
info@emergeadvocacy.com

Supporting 10-25 years presenting to Acute hospitals with self harm and/or suicidal ideation.

CYP with Self harm presentations are seen in **PAWS, BeYou and Kooth, Kent Emotional Wellbeing Team and Medway Emotional Support Team working in schools.** although are not specifically commissioned for self-harm.

For CYP resident in Medway or registered with a Medway GP, there is also **Medway Brief Intervention Counselling Service and the Medway Short Intervention Team** neither are commissioned specifically for self harm.

Apps: refer to self-harm guidance for more information.

- Better U - [better u\(elliesangels.org\)](http://betteru(elliesangels.org))
- CalmHarm [Calm Harm App \(stem4.org.uk\)](http://Calm Harm App (stem4.org.uk))
- Now and Beyond [How Are We \(heyhowarewe.com\)](http://How Are We (heyhowarewe.com))

Educational resources:

- Now and beyond Now and Beyond Festival — How Mental
- PHE Association [PSHE Association | Charity and membership body for PSHE education \(pshe-association.org.uk\)](http://PSHE Association | Charity and membership body for PSHE education (pshe-association.org.uk))

Online resources: refer to self-harm guidance for more information.

- MoodSpark Home - Moodspark
- Release the Pressure Release the pressure - Kent County Council
- HARMless Home - Harmless
- Papyrus [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](http://Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org))
- Alumina <https://www.selfharm.co.uk/>
- Mind and Body [Mind and Body in Kent | WithYou \(wearewithyou.org.uk\)](http://Mind and Body in Kent | WithYou (wearewithyou.org.uk))

Local Kent and Medway Websites:

Kent Resilience Hub - Kent Resilience Hub
www.kentandmedway.icb.nhs.uk/
www.kmhealthandcare.uk/
www.KentYouthHealth.nhs.uk