*Self-harm: information and advice*

* Are you worried your child may be deliberately hurting themselves? Do you need to know where to get help and what to do next? [YoungMinds](http://www.youngminds.org.uk/for_parents/whats_worrying_you_about_your_child/self-harm)can provide support. If you want to talk to someone in confidence about your worries, you can contact the [YoungMinds Parents' Helpline](http://www.youngminds.org.uk/for_parents/parent_helpline) for free.
* [Factsheet](http://www.harmless.org.uk/downloads/factSheet2_AdviceForFriendsAndFamily.pdf) – for Friends and Family of People who Self-Harm
* [Coping with self-harm - A guide for parents and carers](https://www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-brochure_final_copyright.pdf) - Developed by researchers at the University of Oxford
* [Free online course](http://www.safeguardingchildrenea.co.uk/self-harm-free-online-course/) designed to help parents talk about the issue of self-harm with their children.
* [Leaflet](http://www.harmless.org.uk/downloads/leaflet_FriendsAndFamily.pdf) for Friends and Family of People who Self-Harm
* Click [here](http://www.familylives.org.uk/advice/teenagers/health-wellbeing/self-harm/) to access advice and information from Family Lives
* [Information and advice](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/) from NSPCC
* Young Minds have teamed up with The Charlie Waller Memorial Trust and the Royal College of Psychiatrists to create a [series of co-created short films and digital resource packs on self-harm](http://www.youngminds.org.uk/noharmdone) with young people, parents and professionals.
* [Self-harm in young people](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/self-harm.aspx): information for parents, carers and anyone who works with young people - a RCPSYCH leaflet
* Self-harm [factsheets](http://www.lifesigns.org.uk/fact-sheets/) – from LifeSIGNS
* On [this website](http://www.healthtalk.org/peoples-experiences/mental-health/self-harm-parents-experiences/overview%20) you can find out about the experiences of parents and other family members of young people who self-harm by seeing and hearing them share their personal stories on film.
* [National Self-Harm Network](http://www.nshn.co.uk/) - UK charity offering support, advice and advocacy services to people affected by self harm directly or in a care role.

**Information for parents/cares of children with special educational needs and disability (SEND)**

* [Link to the National Autistic Society](http://www.autism.org.uk/about/behaviour/challenging-behaviour/self-injury.aspx) website looking specifically at self-harm/injury and autism.
* [This sheet](http://www.challengingbehaviour.org.uk/understanding-behaviour/self-injurious-behaviour-sheet.html) gives information on self-harming behaviour in young people with learning difficulties.
* [This briefing](http://w3.cerebra.org.uk/research/research-papers/self-injurious-behaviour-in-children-with-intellectual-disability/) has been written to help parents and carers of children with an intellectual disability to understand what self-injury is, what the causes are and which interventions are effective. The briefing focuses on children with profound to moderate intellectual disability, who may also have autism spectrum disorder or a genetic syndrome.
* [Information and a video](http://www.scope.org.uk/get-involved/what-we-do/supporter/alice-emotional-support) for parents of disabled children who may be struggling to cope.
* [Guidance](http://www.youngminds.org.uk/assets/0001/0610/children-and-young-people.pdf) funded by the Department of Education looking at young people with learning disabilities and understanding their mental health – including self-harm.