



Emerging Minds

Supporting children & young people who
self-harm.

Live streamed #EmergingMinds webinar
11am – 12pm, Tuesday 12th of May 2020



Self-harm in lockdown:

Supporting children & young people who self-harm during COVID-19. What can research tell us?



NIHR | Oxford Health Biomedical
Research Centre

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Oxford and Thames Valley

Helping Young People who self-harm during lockdown

Prof Ann John

@Prof Ann John

What is self-harm?

- Self-harm is any intentional act of self injury or self poisoning irrespective of motivation or intent
i.e. it's a behaviour to harm oneself on purpose
- Method and motivation may change
- Cutting, burning, hair pulling, interfering wound healing, overdosing
- Important signal of distress and crisis
- Opportunity for intervention
- Responses can affect future help-seeking
- Our attitude and response is vital

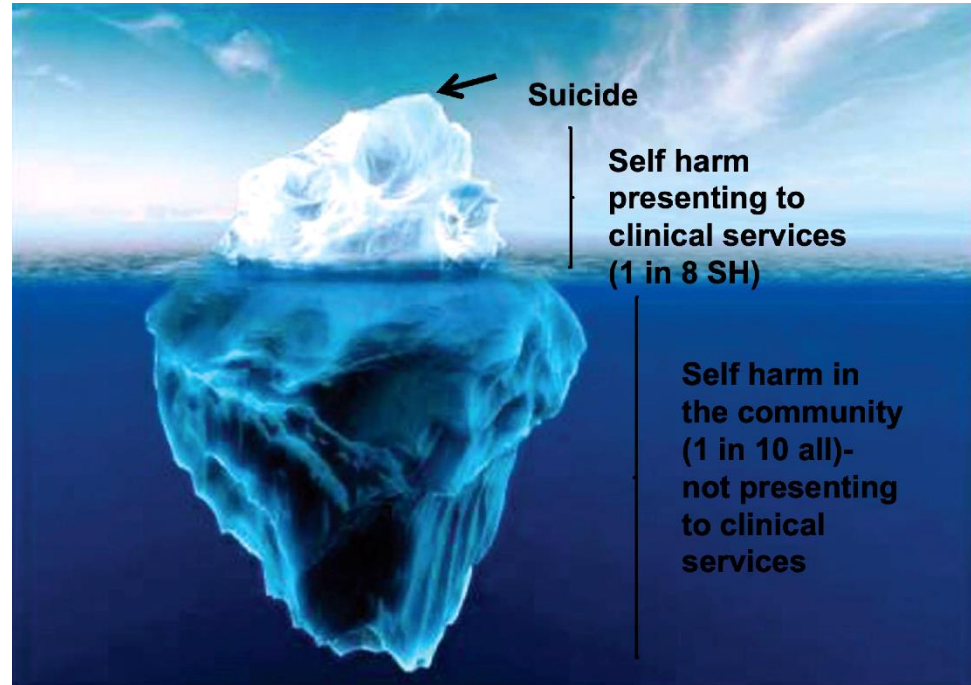
Is your child self-harming?

It's often hidden

- Unexplained cuts, burns, bruises or scratches
- Withdrawal (sudden or gradual) and spending more time alone
- Spending more time in the bathroom
- Frequently appearing bandaged, particularly arms/wrists
- Wearing long sleeves/trousers/skirts at all times, even in hot weather
- Avoidance of activities that require changing clothes (eg. Gym, swimming)
- Pulling out hair can result in bald patches
- Low mood, hopelessness, lack of motivation, tearfulness
- Anger or irritability

Self-harm in adolescents

You are not alone



Why do young people self-harm?

Why?

Self protection

Blood leaving my body
is like the problem
leaving me

A way of coping

A way of dying

Controlling anger and frustration

Self punishment

control

A way of staying alive

To receive care

Self
protection

Having stitches makes me
feel held together physically
and emotionally

Sociodemographic and educational factors

- Sex female
- **Low socioeconomic status**
- LGBTQ sexual orientation
- Restricted educational achievement

What risk factors make a young person vulnerable to self-harm?

Individual negative life events and family adversity

- Parental separation or divorce
- Parental death
- **Adverse childhood experiences**
- **Experience of physical or sexual abuse**

Psychiatric, psychological and behavioural factors

- Mental disorder, especially depression, **anxiety**, attention deficit hyperactivity disorder
- **Drug and alcohol misuse**
- Impulsivity
- Low self-esteem
- Poor social problem-solving
- Perfectionism
- Hopelessness
- **Gambling**

Individual negative life events and family adversity

- **Parental mental disorder**
- Family history of suicidal behaviour
- **Marital or family discord**
- **Bullying**
- **Interpersonal difficulties**



Self-harm: boys are less likely to be admitted to hospital

October 31, 2019 2:41pm GMT

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Self-harm is one of the most important risk factors for suicide. Although rare in young people, suicide is still the leading cause of death in males and females aged 10-19 years in England and Wales. And with evidence of a rise in rates of suicide among 15-19 year olds in the UK since 2010, it's important to understand how young people seek help for self-harm and what happens when they do.

Authors



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Self-harm presentation across healthcare settings by sex in young people: an e-cohort study using routinely collected linked healthcare data in Wales, UK

Amanda Marchant,¹ Samantha Turner,² Lloyd Bullock,³ Eryn Peters,⁴ Dave Williams,⁵ Keith Lloyd,⁶ Hannah Lyons,⁷ Ann John⁸

Additional material is published online only. To view please visit the journal web site at <http://dx.doi.org/10.1136/bmjopen-2019-025416>.

ABSTRACT

Background: This study used individual level linked data across general practice, emergency departments (EDs), accident and emergency admissions to examine contacts across settings and time by sex for self-harm in individuals aged 10-19 years old in Wales, UK.

Methods: A whole population based e-cohort study of routinely collected healthcare data was conducted. Rates of self-harm across settings over time by sex were examined. Individuals were categorised based on the

What is already known?

► Most self-harm research is conducted in hospital settings, although many individuals are managed in primary care.

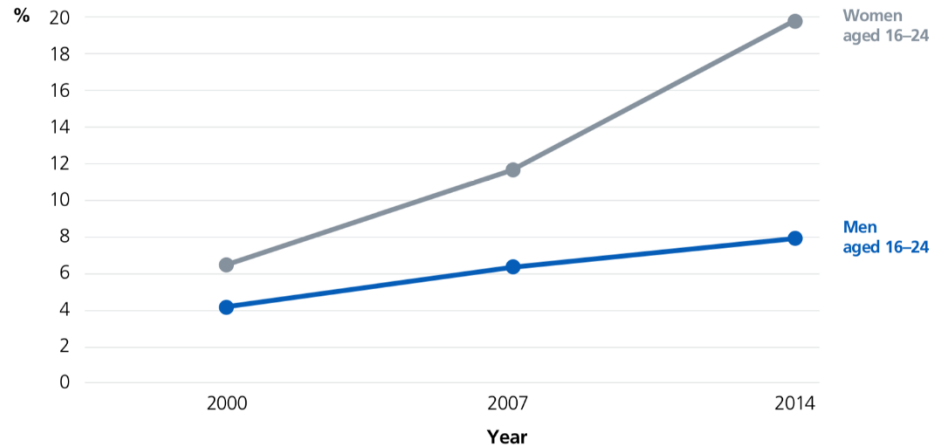
► There has been no previous research examining linked data across GP and hospital admissions for self-harm using emergency department data.

Is self-harm increasing?



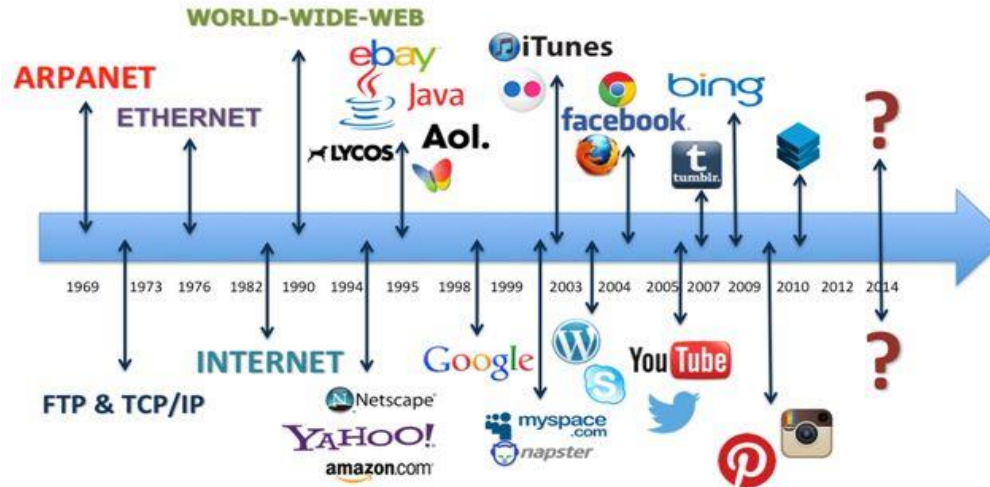
Self-harm ever (reported face-to-face) in 16–24 year olds, by sex: 2000, 2007 and 2014

Base: adults aged 16–24 and living in England



Self-harm ,suicide, the internet and cyberbullying

We will never keep up.....



Social Media Landscape



How do young people use it?

Use increased globally by 566.4% 2001-2012

Use increased globally 1995-2017 0.4-54% population

- 90% use it
- Smartphone, tablet, game console
- No evidence of s-e gradient in use
- No gender difference except gaming, reducing
- Majority seen upsetting content, 42% have received rude or upsetting messages
- Images
- Exposure, screen time, sleep



BMC Public Health

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Research article | [Open Access](#) | [Open Peer Review](#) | Published: 17 January 2019

Is screen time associated with anxiety or depression in young people? Results from a UK birth cohort

Jasmine N. Khooja¹, Marcus R. Munafò, Kate Tilling, Nicola J. Wiles, Carol Joynson, Peter J. Etchells, Ann John, Fiona H. Hayes, Suzanne H. Gage & Rosie P. Cornish

BMC Public Health 19, Article number: 82 (2019) | [Cite this article](#)

RESEARCH ARTICLE

A systematic review of the relationship between internet use, self-harm and suicidal behaviour in young people: The good, the bad and the unknown

Amanda Marchant¹, Keith Hawton², Ann Stewart³, Paul Montgomery⁴, Vinod Singaravelu⁵, Keith Lloyd¹, Nicola Purdy¹, Kate Daine⁴, Ann John^{1*}

200, 000 young people, over 20 countries, 46 studies

Bad- normalisation, glorification, suggestion of methods, encouragement to act, triggers, spread of information e.g. methods/ concealment, clusters, reinforcement behaviour (more severe wounds, more positive comments, competition, cyberbullying)

Good- coping mechanism, support, access to information, reduced isolation and loneliness, deliver therapy, increasingly communicate distress

Distress increasingly expressed online

London School of Economics issued the **Net Children Go Mobile**



Review

Self-Harm, Suicidal Behaviours, and Cyberbullying in Children and Young People: Systematic Review

Ann John¹, FFPH; Alexander Charles Glendenning¹, MSc; Amanda Marchant¹, MSc; Paul Montgomery², DPhil; Anne Stewart³, FRCPPsych; Sophie Wood¹, MSc; Keith Lloyd¹, FRCPPsych; Keith Hawton⁴, FMedSci

- Intentional aggressive act, group or individuals, repeated over time
- Victim who can't easily defend themselves
- Physical, verbal, relational, rumour spreading
- Cyberbullying electronic means, proximity, timing, age (14 years), anonymity, exposure and embarrassment
- Victims 2-3 times more likely to self-harm
- Cyber victims less likely to seek help than traditional
- Victims and perpetrators



What happens?

- Most young people who self-harm will stop before adulthood
- For about one in ten it will continue into adult lives
- It's an important indicator that something is not ok
- Non-judgemental conversations
- Ask about what's worrying them
- Ask about internet use and cyberbullying
- Distraction, support networks
- Online support- Young Minds, The Mix, Papyrus, Winston's Wish, MeeTwo, Cruse
- How things change

Supporting young people who self-harm

Dr Faraz Mughal
NIHR School for Primary Care Research Fellow and GP
Keele University

Seeking help: what do we know?

Facilitators:

Treated respectfully

Someone they trust to talk to

Reassured about confidentiality

Barriers:

Stigma

Confidentiality fears

Negative reactions

Most young people turn to informal
support

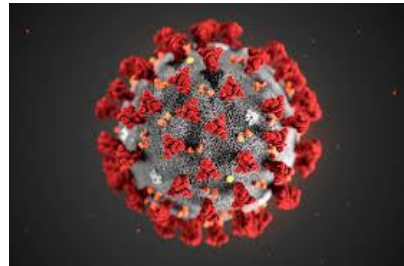
Needs of parents and carers

- wellbeing of carers, parents and families can be affected

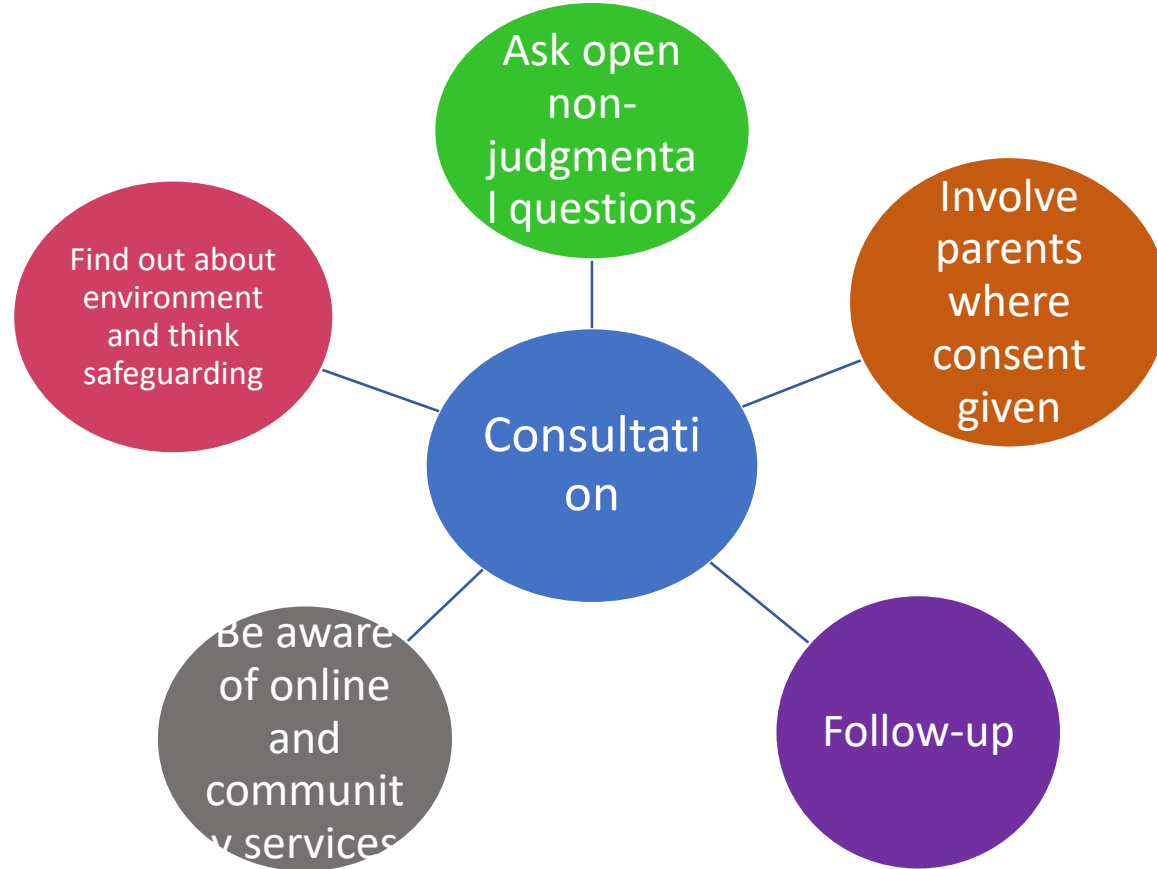
Support	Information
System wide approach	Helpful strategies and treatment options
Being listened to and validated	Practical advice
Look after themselves and seek help	Variety of information sources
Social and peer support	
Skills to improve relations and communication	

What do young people want?

1. Emotionally charged responses are not helpful – but talking and listening openly is
2. Support in accessing services (formal and informal)
3. Respect and privacy
4. Time, attention, support and care



What can GPs do?



Practical suggestions during Covid-19

- When feeling distressed – find distraction
- Speak to family members and connect virtually
- Routine can help wellbeing and emotions
- Self-care and self-help (consider apps, online services, reaching out to charities, and NHS)
- Rehearse what you want to say

References:

Curtis S et al. Caring for young people who self-harm: a review of perspectives from families and young people. Int J Environ Res Public Health. 2018

Mughal F et al. Role of the GP in the management of patients with self-harm behavior: a systematic review. Br J Gen Pract. 2020

Support services:

Kooth

Samaritans

YoungMinds

Harmless

Childline





Questions?

#EmergingMinds

Questions from our webinar participants included:

- How to help young people who can't access their usual coping strategies due to lockdown and who are stuck inside with families/ frustrated at restrictions etc.
- Likely impact of COVID-19 on self-harm.
- How to support young people remotely.
- How to talk about self-harm safely without making it worse.

Questions from our webinar participants included:

- How to deal with risks online: harmful social media use etc.
- How to deal with likely reluctance of young people/ families to access medical help, e.g.: avoidance of A&E during COVID-19.
- Self-harm and younger children.

COVID-19 Webinar Series

Recordings now available for:

- Supporting children with their worries and anxiety
- Teens, Screens & Quarantines
- Living through lockdown: social isolation & mental health
- Supporting autistic children & young people

emergingminds.org.uk

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- Emerging Minds is a research network funded by UK Research & Innovation
- Our members come from all sorts of disciplines and sectors
- Working towards reducing the prevalence of mental health problems experienced by children & young people.

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Cospaceoxford.com/survey



“ Can you help us learn how families are coping with the challenges of COVID-19? ”


Are you a parent or carer of a child in school years 0 (reception/foundation) to 11 in the UK?

If you are, we invite you to take part in a regular online survey being run by the University of Oxford. The survey will take up to 20 mins the first time you do it and about 10 minutes thereafter. We will ask you to complete the survey weekly for a month, then fortnightly for a month, and then monthly until children and young people are back in school.

Your responses will help us to find out how children, young people and their families are getting on, what is working for them, and what they are finding difficult so that we can understand how best to help.


Please click here for further information

<http://cospaceoxford.com/survey>




C-Space study
COVID-19: Supporting Parents, Adolescents and Children during Epidemics

Meeting the needs of work and your child



Nearly $\frac{2}{3}$ parents/carers feel that they are currently not sufficiently meeting the needs of both work and their child.



C-Space study
COVID-19: Supporting Parents, Adolescents and Children during Epidemics

Time spent on connecting with friends



Nearly $\frac{3}{4}$ of children and young people are keeping in contact with friends via video chat.



C-Space study
COVID-19: Supporting Parents, Adolescents and Children during Epidemics

cospyce.org/survey



Can you help us learn how

**families are
coping with
the challenges
of COVID-19?**

Are you a parent or carer
of a **2-4 year old child,**
who has not yet begun
year 0 / reception
class, in the UK?

UNIVERSITY OF
Southampton

 **University of
Reading**

Please click [here](https://www.cospyce.org/survey) for more information

UNIVERSITY OF
OXFORD

www.cospyce.org/survey



Version 2. 13th April, 2020. Approved by the University of Southampton Research Ethics Committee ERGO 36217



56217_Study adv

<https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>

Supporting children and young people with worries about COVID-19



Advice for parents, carers and people that work with children and young people

This is a time of uncertainty and a lot of children and young people will be feeling anxious and worried about what is going on. This is a normal response to the situation and below we offer some advice about what adults can do to help and support children and young people.

There is a lot of information becoming available - this is great but may also be confusing, so we have pulled together some advice and some of our favourite links in to one place. We hope this will be helpful.

Given that the situation is changing rapidly at the moment we will make updates from time to time which you will be able to find here: <https://emergingminds.org.uk/resources/>

Thank you

Tweet us your topic suggestions for future webinars: **#EmergingMinds**



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