



Friesland School

June 2017

Dear Parent/Carer

Derbyshire Pilot Project delivering Self-Harm Awareness and Suicide Prevention Training in Schools

Friesland School has been selected to take part in a pilot programme about Self-Harm Awareness and Suicide Prevention for six schools in the county. The school was identified as a pilot site because of the strong Personal, Social and Health Education work already taking place.

The project has three elements; a training session for school staff, a session for parents/carers, and a lesson (delivered by teaching staff). The content for these sessions has been developed by experts in the East Midlands.

We will be holding the session for parents and carers at 6pm on Monday 17th July and want to encourage as many parents and carers as possible to attend. The session will last around 1 hour with opportunities for questions. Please let us know if you are planning to attend by completing the reply slip below by Tuesday 4 July.

The project will be evaluated independently by a team with expertise in the field of self-harm and suicide prevention. The aim is to develop a programme which can be extended to other schools across Derbyshire to reduce instances of self-harm and suicide, and to enable young people to find support in a way that makes sense and is accessible to them.

If you are not able to attend but would like further information about self-harm and suicide awareness we have enclosed some resources which you might find helpful.

Yours faithfully

Peter Monk
Headteacher

Derbyshire Pilot Project delivering Self-Harm Awareness and Suicide Prevention Training in Schools – Monday 17 July at 6.00 pm.

I/We are able/unable to attend the above session for parents/carers.

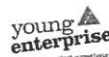
Parent/Carer name

Contact telephone number

Signature

Date

Nursery Avenue, Sandiacre, Nottingham, NG10 5AF. Tel: 0115 939 7326 Fax: 0115 949 1730
www.frieslandschool.com Email: enquiries@friesland.derbyshire.sch.uk
Headteacher: Mr P Monk BA(Hons), MA, NPQH



Self-Harm: Support Services / Further Information (Websites & Helplines)

Young Minds is a national charity aimed at improving the emotional well-being and mental health of children and young people, and has a website for young people: www.youngminds.org.uk - There is also a helpline for parents and others concerned about a young person: **0808 802 5544**

Childline gives comfort, advice and protection to children and young people who are worried about any problem. They provide phone and text helplines, and resources are available through their website: www.childline.org.uk / Helpline: **0800 1111** (open 24 hours)

PAPYRUS exists to help prevent young suicide and provides support to young people who might be at risk of suicide; and to those who live, care for, or work with them:

www.papyrus-uk.org / phone **01282 432 555**

PAPYRUS also hosts **HOPELineUK** – a confidential helpline service that offers support, practical advice and information to anyone concerned about themselves or a young person they know who may be at risk: Helpline: **0800 068 4141** (Mon–Fri 10am–10pm; Sat–Sun 2pm to 10pm); Text **07786 209697**

The **National Self Harm Network** offers help and advice for people who injure or self-harm as a way of coping, including downloadable information sheets and an online forum: <http://www.nshn.co.uk>

The **Young People and Self Harm** website is a key information resource for young people who self-harm, their friends, families, and for professionals working with them: www.selfharm.org.uk

Harmless is a user-led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals: www.harmless.org.uk / **0115 934 8445**

Mind works for a better life for everyone with experience of mental distress. Their website contains useful information and resources, including an 'understanding self-harm' booklet: www.mind.org.uk
Mind info-line: **0845 766 0163**

Samaritans provide confidential emotional support for those experiencing feelings of distress or despair, including those which may lead to suicide. They also have an outreach service that can give talks to a variety of organisations, including schools: www.samaritans.org Helpline: **116 123** (open 24 hours) / Email: jo@samaritans.org

BEAT provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders: www.b-eat.co.uk / Helpline **0845 634 1414** / Youthline **0845 634 7650**

LifeSigns provides self-injury guidance and network support. Their website includes guidance for friends, family, teachers and carers, including factsheets to download: www.lifesigns.org.uk

CASS Self Injury Helpline provides confidential, non-judgemental emotional support around self-injury on 0808 800 8088 FREE Monday to Thursday evenings from 7-10pm www.selfinjurysupport.org.uk

NB. Rural Action Derbyshire's Suicide Awareness Training (SAT) project is a provider of suicide awareness training. It does not provide treatment or care, or a direct advice service to those who may be in distress or crisis. If you are in distress or crisis, possibly even thinking of taking your own life, please do seek help as soon as possible from your own doctor or from the nearest hospital accident and emergency (A&E) department, or contact Samaritans (or other services, as appropriate).