

## Suicide and self harm

### RFQs

- Would you mind giving me a score out of 10 for your mood? A score of ten would mean that you couldn't feel happier (do you every feel like that?), and a score of zero would mean that you would be planning to walk out of here and kill yourself, no matter what we do to help you today.
- Have things ever got so drastic and difficult that you have considered taking your own life?
- Did you make any plans? What would you do, if it came to it?
- Can you protect yourself from those thoughts? How? Or why do you know you are safe?

### Provide

From the sound of things, we should give you some immediate support with this.

I can see that you have been cutting (scratching). This is a really common problem amongst young people who are going through changes or stresses. Does that sound like you? Can you tell me more?

How's about wearing a big elastic band on your wrist. Not tight though, because we don't want to cut off the circulation to your hand.

### Safety net:

Whenever you feel the impulse to self harm or need to feel pain, then pull the elastic band and release it to hurt your wrist. This is painful, but it won't leave you with a nasty scar. Please let me know urgently (with a phone appointment) if your thoughts are getting particularly dark. Should I give you the crisis team number?