

Form 5c – Self-harm Assessment: Supplementary Questions and guidance

Initial questions	Used/answers
Have you got any injuries or taken anything that needs attention? <i>(If urgent medical response needed, call an ambulance) 2d</i>	
How are you feeling generally at the moment?	
Are you worried about something? Is something troubling you? <i>(Family, school, social, consider use of child protection procedures)</i>	
How long have you felt like this?	
What has been happening? <i>(Give reassurances i.e. it's ok to talk about self-harm and suicidal thoughts and behaviour)</i>	
Who notices when you're struggling. If no-one - How could they notice? (what could they look out for?)	
Are you at risk of harm from others? <i>(Safeguarding)</i>	
Your own question(s) :	
Questions and Statements about self-harm	
What, if any, self-harming thoughts and behaviours, have you considered or carried out? <i>(Either intentional or unintentional – consider likely/imminent harm) 2b</i>	
Are you planning to do any of these things? <i>(Consider likely or imminent harm)</i> <i>(Check what they can do to ensure they keep themselves safe until they are seen again e.g. stay with friends at break time, go to support staff, use an app or put safety plan in place)</i>	
Have you thought about when you would do it? <i>(Timescales)</i>	
Have you got what you need to do it? <i>(Means, planning and intent)</i>	
I wonder if you're using self-harm as a way of coping with something that is troubling you?	
What were you hoping from self-harming and did you find that self-harming helped?. What was helpful about it? (recognises that self-harm can be a useful way for the young person to manage their emotions)	

Who knows about this? (including if they are already using online, telephone support etc 10 or have seen their GP, a named professional or CAMHS 8 a-c)	
What are you doing that stops the self-harming behaviour from getting worse? 12	
Ask about the young person's general health (use of drugs/alcohol)	
What other things/risk taking behaviour have you been doing/involved in?	
Your questions:	
Help and support	
What have you been doing that helps? 12 d	
What needs to happen for you to feel better?	
What can be done in school to help you with this? 12 g 6 b	
Say who you will have to share this with e.g. designated safeguarding lead, and when this will happen 12 e	
Can I show you some leaflets/website/apps that suggest helpful ways of coping? 10 a 12	
I'd like to give you some information about people you can contact if you feel like self-harming again or just want to talk or message someone (<i>this is anonymous if you want it to be</i>) 10 a 12	

Setting up the contract with the child or young person	Yes	No	N/A
Discuss confidentiality if necessary			
Discuss child protection if necessary			
Discuss who knows about this			
Discuss contacting parents/guardians			
Discuss who you will contact e.g. the school nurse, Matron			
Discuss contacting the GP			
Agree when you will next meet			