Deliberate Self Harm (DSH)

DSH Team

Provided by the
Other Services

DSH stands for Deliberate Self Harm. It is important to take it seriously when someone refers to themselves as 'trying to end their lives'.

If you are worried about your child or you think they may be at risk of harming themselves, speak to a professional. The \( \text{DSH Team} \) can offer help and advice.

What do you do when you arrive?

Find an adult or a support worker who can offer help and advice.

What happens after you are seen by the DSH team?

You will be seen by the \( \text{DSH Team} \) and they will discuss with you and the young person what needs to be done.

Do not allow them to leave. If you are worried about their behaviour, you can contact your GP straight away and tell them what has been said.

What is \( \text{DSH Team} \)?

The \( \text{DSH Team} \) are a service called \( \text{Casualty department} \) in the emergency department. They refer to a young person if they have thoughts of harming themselves.

The Service

\( \text{DSH Team} \) is a mental health team in Temple Street Children's Hospital.

Spacious and bright rooms are available for young people who need to talk. Promotional materials are available in the area for young people to take home.

The Service

If a young person tells you they have thoughts of harming themselves, it is important to take it seriously. A young person helps young people in crisis.

What can you do?

- Support
- Encourage
- Listen
- Call for help