

Suicide Prevention Pathway for Children and Young People in Sheffield

Risk Thresholds for Action for Front-line Staff

A young person's life is in danger because they have caused serious self injury, or have taken an overdose, or express suicidal thoughts and have an immediate plan they intend to act on:

- Contact emergency services to ensure the young person receives emergency medical treatment
- Stay with the young person until they are in the care of emergency services
- Contact the parent(s)/carer

A mental health assessment will be undertaken by CAMHS/Adult Mental Health Team (AMHT) through A&E and access to specialist services will be offered once the young person is safe.

A young person has suicidal thoughts but no plan to act on this, but thoughts are not easily dismissed, has previously attempted suicide, has increasing self-harming behaviour, experiences low mood, significant anxiety or depression, has significant or increasing drug or alcohol use:

- Consider risk factors – Guidance (1)
- Ask initial concern questions – Guidance (2)
- Complete baseline risk assessment – Guidance (3)
- If young person has self-harmed and needs medical attention, inform parent(s)/carers and take to Emergency Department or arrange for parent/carer to do this
- If working in MAST or Community Youth Teams (CYT) consult with Primary Mental Health Worker
- Contact Community CAMHS for a consultation with a CAMHS Clinician
- Draw up a safety plan with young person/parent(s)/carer, to include resilience factors – record in line with your safety procedures
- Do not agree to keep suicidal thoughts a secret
- Listen, do not judge and keep communicating, this young person has chosen to trust you, take them seriously
- Share concerns with any other professionals involved and consider referral to MAST.

A young person has suicidal thoughts that are fleeting and soon discussed and has not planned suicide, shows no signs of depression or psychosis, uses self-harming behaviour occasionally, but causes very little self injury and is in a difficult situation but feels this is bearable:

- Consider risk factors
- Ask initial concern questions
- Complete base line risk assessment
- Consider referral to MAST
- Draw up a safety plan with young person/parent(s)/carers, record in line with your agency procedures
- Listen to young person and those around them

IN ALL SITUATIONS, COMPLETE A WRITTEN RISK ASSESSMENT AND DISCUSS WITH YOUR CLINICAL SUPERVISOR/LINE MANAGER