

SAFE from harm

Guidance to help manage self-harm and increase safety in the home

Reduce isolation

- encourage spending time with family and friends
- make plans of things to look forward to

Minimise harm

- have a first aid kit in the home
- keep an eye out for any changes in mood or behaviour
- think about different ways of coping with upset



Communication

- provide opportunities to talk
- think of other ways you can communicate other than talking

If you need any help contact your Head of Year or the Safeguarding Team on Safe@Havenhigh.net

Safe storage

- keep all medicines, cleaning products and other harmful fluids out of reach / locked away
- keep garages & sheds locked