


## Further Information

If you would like any more details about the nature and purpose of the monitoring system, or if you would like to opt out of the study, please contact **Jennifer Ness** (Principal Investigator) or **Keith Waters** (Co-investigator) at:



### Centre for Self-harm & Suicide Prevention Research

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 01332 623700 ext. 33681

 [dhcft.cssr@nhs.net](mailto:dhcft.cssr@nhs.net)



### Study Websites

If you would like more information about the nature and purpose of the monitoring studies, you can visit:

<https://tinyurl.com/DrbyMonitor>


<https://tinyurl.com/MulticentreHome>

## Useful Contacts

We do not provide a treatment service or advice for those in crisis. If you feel that you are having thoughts of self-harm or suicide you can access support through your GP, through a telephone helpline service or by discussing your problems with a friend or colleague.

**Some support organisations that may be of help to you are:**

### The Samaritans

 116 123

 [jo@samaritans.org](mailto:jo@samaritans.org)

 [www.samaritans.org](http://www.samaritans.org)

### NHS Direct

 111

### Harmless

 [info@harmless.org.uk](mailto:info@harmless.org.uk)

 [www.harmless.org.uk/](http://www.harmless.org.uk/)



Derbyshire Healthcare  
NHS Foundation Trust

# Monitoring System for Self-Harm



Version 3; 1st March 2019  
NHS REC Approval Date: 25th October 2019



Derby Teaching Hospitals  
NHS Foundation Trust

## What is the project?

The Derby Monitoring system of Self-harm is an evaluation of services and is also part of the Multicentre Study of Self-harm in England research project. The monitoring system aims to improve understanding and care for people who self-harm. To do this we collect information about every attendance to the Royal Derby Hospital's Emergency Department which is due to self-harm. Derbyshire Healthcare are the Data Controllers.

## What is Self-harm?

- ◆ It is a non-fatal act
- ◆ It is done intentionally
- ◆ It includes both self-poisoning (e.g. overdoses) and self-injury (e.g. cutting)
- ◆ It includes suicide attempts



## Who collects the information?

Members of the hospital's Liaison Team collect the information from hospital records and are responsible for it. The team members have been approved by Derbyshire Healthcare NHS Foundation Trust and so are bound by the Trust's promise to keep information confidential and safe.

Derbyshire Healthcare NHS Foundation Trust and the Department of Health fund the monitoring.

## What happens to the information collected?

All the information collected is protected by strict guidelines governing service evaluation, research and the holding of personal information.

We summarise the information we collect so that individuals cannot be identified. It tells us important information such as:

- ◆ How many people come to hospital after harming themselves
- ◆ What happens to those people when they come to hospital
- ◆ The arrangements made to help people once they leave hospital
- ◆ How many people come to hospital more than once following self-harm

We also link the information we collect with Civil Registration data held by NHS Digital ([www.digital.nhs.uk](http://www.digital.nhs.uk)). This is done securely and in line with strict legal and ethical guidelines.



## Your Information, Your Rights

For further details about how your personal information is processed as part of the monitoring study visit:

<https://tinyurl.com/DrbyMonitor>

or how patient data is processed by Derbyshire Healthcare NHS Foundation Trust in general visit:

<https://tinyurl.com/DerbyData>



## The Multicentre Study of Self-harm in England

Monitoring of self-harm attendances to hospital began in Oxford in 1976, in Derby in 1991 and in Manchester in 1997.

In 2006 Derby joined up with researchers in Oxford and Manchester to create the Multicentre Monitoring study of self-harm in England.

The project is funded by the Department of Health and feeds into the National Suicide Prevention Strategy for England.

## How are the project findings shared?

The findings from the Derby Monitoring system and the Multicentre Study of self-harm are summarised in written reports. These reports are published in health journals and given to interested parties such as local health services and the Department of Health.

The information in the reports is summarised and anonymous, so no individual is identifiable from the data.

A copy of these reports is available on request.