

Further Information

If you would like to know more about the project, or if you do not want your information or that of your child/family member to be used in the project, please contact:

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Study Websites

You can also visit the websites of the
Derby and Multicentre studies:

<https://tinyurl.com/DrbyMonitor>

<https://tinyurl.com/MulticentreHome>

Useful Contacts

If you are having thoughts of self-harm or suicide, or are the parent/carer of a young person who is, you can access support through the CAMHS team, your GP or by discussing your problems with a friend or family member. Below are some helplines that you could call for advice and some information guides that might be helpful.

Childline: A free and confidential telephone service for children. **Tel: 0800 1111**

Harmless: A user led organisation that provides support and information for people who self harm, their friends and families.

Website: www.harmless.org.uk

YoungMinds: Information and advice on child mental health issues and a Parents' helpline.

Tel: 0800 802 5544

HealthTalk Online: Videos of parents and carers sharing their personal stories about supporting a young person who self-harms.

Website: <https://tinyurl.com/healthtalk-org>

Coping with Self-harm: A Guide for Parents and Carers. **Website:** <https://tinyurl.com/CopingWithSelf-Harm>

The Derby Monitoring System for Self-harm

A leaflet for young people, parents and carers



What is the project?

The **Derby Monitoring system of Self-harm** is a project being carried out at the Royal Derby hospital. We collect information about every attendance to the Emergency Department when it is because of self-harm. Data is collected for both adults and for young people aged six years and over. **We anonymise the information, e.g. take out people's names and addresses.**

The purpose of the project is to help us better understand why people self-harm and what type of care is helpful.

What is self-harm?

Self-harm is when someone does something to hurt themselves on purpose. It can include:

- Taking too much or not enough medicine
- Cutting or causing bruising

Someone may hurt themselves on purpose because they want to die or they may do it to try and make themselves feel better.

Who collects the information?

Researchers and nurses who work for the CAMHS and Adult Liaison teams within the hospital, collect data from patient's hospital records for the project. These people work for the NHS and so have to keep the information they collect confidential and safe.

Derbyshire Healthcare NHS Foundation Trust and the Department of Health and Social Care provide money for the project.

What happens to the information collected?

The project team follow strict rules and guidelines to make sure they are using people's information safely and in a way that people would be happy with.

Most of the data is taken from hospital records, but some more information is collected from NHS Digital (www.digital.nhs.uk) to help us understand a bit more about what happens to people after they leave hospital. This is done securely and in line with the law and ethical guidelines.



Like with a jigsaw puzzle, once we have put all the pieces of information that we have collected together, we can see a clearer picture of why people self-harm, what type of care people are currently receiving and what can be done to make it better. The data tells us important information such as:

- How many people come to hospital after harming themselves each year
- What happens to those people when they come to hospital
- What care is planned for when people leave hospital
- How many people come to hospital more than once because of self-harm



The Multicentre Study of Self-harm in England

People who work for Oxford University and for Manchester University also collect information about self-harm attendances to their local hospitals in a similar way to Derby.

In 2006, the researchers from Oxford, Manchester and Derby set up the **Multicentre study of self-harm in England**. Information collected across the three cities is put together so that we can get an even better understanding of self-harm. Only anonymous data is shared between the three centres.

The Department of Health and Social Care provides money for the project.



How are the findings shared?

We write reports about what we have found and these are published in health journals, given to Drs and nurses who look after people who self-harm and to organisations who set up and pay for health care services.

The information shared with others is summarised, no names or personal details are included, so no one will know who the people who have self-harmed are.

Please contact us using the details overleaf if you would like a copy of the reports.