

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.

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 Jennifer Ness (Principal Investigator) or Keith Waters (Co-Investigator) using the contact details on the front of this leaflet.

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

<https://tinyurl.com/DrbyMonitor>
<https://tinyurl.com/MulticentreHome>
<https://tinyurl.com/CAGdataoptout>

For information regarding how patient data is processed by Derbyshire Healthcare NHS Foundation Trust in general visit:
<https://tinyurl.com/DerbyData>

Useful Contacts

If you are having thoughts of self-harm or suicide, or are the parent/carer of a young person who is, there is support you can access. As well as the CAMHS team, talking to your GP or a trusted family member, below are some support organisations that you may find helpful:

Childline

0800 1111

free and confidential listening support

Shout

Text "SHOUT" to 85258
for 24/7 text support

NHS Helpline

111 option 2
for your local 24/7 helpline

Harmless

www.harmless.org.uk/
for online support with self-harm

Young Minds

0800 802 5544
Information and helpline for parents



Derbyshire Healthcare
NHS Foundation Trust

Specialist Child and Adolescent Mental Health Services



The Derby Monitoring System for Self-Harm

A leaflet for young people, parents, and carers



Version 4; January 2025

Contact Us

Centre for Self-harm and Suicide
Prevention Research
Derbyshire Healthcare NHS
Foundation Trust, Centre for
Research and Development,
Kingsway Hospital, Derby, DE22
3LZ



01332 623700
ext.33681



dhcft.cssr@nhs.net

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.



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.

What information do we collect?

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



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.

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.

Where is the information reported?

We write reports on what we have found which are published in health journals and given to doctors and nurses who look after people with self-harm and organisations who set up and pay for services. No names or personal details are included.

National Data Opt-Out Exemption

To improve care, it is important that we include everyone who attends hospital so that we can continue to make improvements in care.

For the benefit of everyone, the Derby Monitoring study of self-harm has been granted an exemption from applying the NHS national data opt-out.

This means that information about people who attend the emergency department as a result of self-harm can be collected by our study, even where they have chosen not to have their health data shared for reasons other than their care. We have been granted this exemption by the Confidentiality Advisory Group at the Health Research Authority, an independent body who provide expert advice on the use of confidential patient information.

You can choose to opt out of this study if you wish by contacting the team.