

## What is self-harm?

Self-harm is a non-fatal act that is done intentionally. Self-harm includes both self-poisoning (e.g taking an overdose) and self-injury (e.g cutting). Whilst the intention behind the acts may be different, we also include suicide attempts in our definition of self-harm.

## Further Information

If you would like any more details about the nature and purpose of the monitoring system, or if you want to opt out of this study, please contact Jennifer Ness (Principal Investigator) or Keith Waters (Co-Investigator) using the contact details on the front of this leaflet.

If you would like more information, including how personal information is processed as part of the study, please visit:

<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, there is support you can access. As well as talking to your GP or a trusted friend, below are some support organisations that you may find helpful:

### The Samaritans

116 123  
for 24/7 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/](http://www.harmless.org.uk/)  
for online support with self-harm

For more information on where you can seek support and access other online mental health resources, please scan the QR code.



**Derbyshire Healthcare**  
NHS Foundation Trust

## Your help in improving care for Self-Harm



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## Contact Us

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## What is the project?

We want to better understand why people self-harm to improve the care that is provided to patients everyday. To do this we collect information about every self-harm attendance to the Royal Derby Hospital's Emergency Department. The project allows us to locally evaluate services, as well as contribute to the Multicentre Study of Self-harm in England project.

## The Multicentre Study of Self-harm in England

Monitoring of self-harm attendances to hospital began in Derby in 1991.

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. Over the years, the study has continued to help develop interventions and services, national guidance and influenced public and mental health policy.



## What information do we collect?

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

## Who collects the information?

The hospital's Liaison Team see people who attend the emergency department for reasons relating to their mental health. Staff members in this team collect information from hospital records. The team members have been approved by Derbyshire Healthcare NHS Foundation Trust's promise to keep information confidential and safe.

## What happens to the information collected?

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

We also link the information that we collect with Civil Registration data held by NHS England. This is done securely and in line with strict legal and ethical guidelines.

## Where is the information reported?

The findings are published in health journals and shared with interested parties such as local health services and the Department of Health. The information is summarised and anonymous.

## National Data Opt-Out Exemption

To improve care, it is important that our data accurately represents everyone who attends hospital so that we can continue to make recommendations to improve quality and safety.

For the benefit of all, 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 Secretary of State for Health and Social Care, on advice from the Confidentiality Advisory Group (CAG), an independent body who provide advice on the use of confidential patient information without consent. You can choose to opt out of this study if you wish by contacting the team.