

Contact Information

If you would like any more details 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 below:



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Further Information

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



<https://tinyurl.com/Derbypage>
<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>

**This leaflet was made with
feedback from young people.**

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

Specialist Child and Adolescent Mental Health Services
COMHS

NHS

Derbyshire Healthcare
NHS Foundation Trust

Your Help in Improving Care for Self-Harm



**A leaflet for young people,
parents and carers.**

We want to make things better for people who self-harm.

To do this, we collect anonymous information when someone comes to Royal Derby Hospital's Emergency Department for self-harm or because they have tried to end their life.

What is self-harm?

Self-harm is when someone does something to hurt themselves on purpose.

Someone may hurt themselves on purpose to cope with how they are feeling, or they may do it because they want to end their life. If you have harmed yourself, you are not alone and there are people that you can talk to.



What information is collected?

We look at why you may have harmed yourself and some details about you. We also look at what plans are made for you after you leave hospital that might help you.

Who collects your information?

The Liaison Team see children and young people who attend the hospital for mental health reasons. Researchers and nurses in the Liaison team collect this information from your hospital records and your assessment.

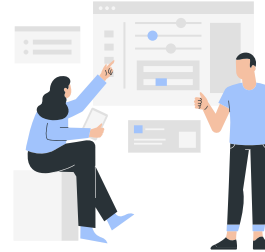
How is your information protected?

Your information is protected by strict guidelines to make sure your data is being kept in a safe and confidential manner.



How does your information help?

Your information is grouped with other people that attend hospital, and we look at all of the data together to better understand self-harm to improve care. Our findings are published in health journals and given to Doctors and nurses who look after people who have self-harmed, and organisations that set up and pay for services. No names or personal details are included, your data is anonymous.



The Multicentre Study of Self-Harm in England

We work with researchers in Oxford and Manchester who collect information about self-harm attendances to their local hospitals in a similar way to Derby. The three teams create the Multicentre Monitoring study of self-harm in England. We also receive information from NHS England that gives us a bit of information about what happens to people after they leave the hospital.

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

You Can Choose to Opt Out

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

National Data Opt-Out Exemption

To improve care, it is important that our data accurately represents everyone who attends hospital. 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.

What does this mean for you?

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.