

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:



01332 623700
ext.33681

dhcft.cssr@nhs.net



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

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 children, parents
and carers.**

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

To do this, we collect some details when someone comes to the hospital 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 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 you can talk to.



What do we look at?

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



Who collects your information?

The person that talks to you at the hospital and the team they work with writes down some things after they talk to you. They keep this safe and private.



The Multicentre Study of Self-Harm in England.

We work with teams in Oxford and Manchester. Together we are called the multicentre study of self-harm. We also get some extra details from NHS England about what happens after someone leaves the hospital. The Department of Health and Social Care gives us money to help run this project.



Can I say no?

Yes. If you don't want your information to be used in this way, you or a grown-up with you can tell us. Please contact the study team.

National Data Opt-Out Exemption

To take better care of people who self-harm, we need to learn from everyone who comes to the hospital.

We do not apply the national data opt out.

What does this mean for you?

If someone comes to the hospital because they have self-harmed, we can collect some of their health information, even if they usually don't want their health information shared.

We have been allowed to do this 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.