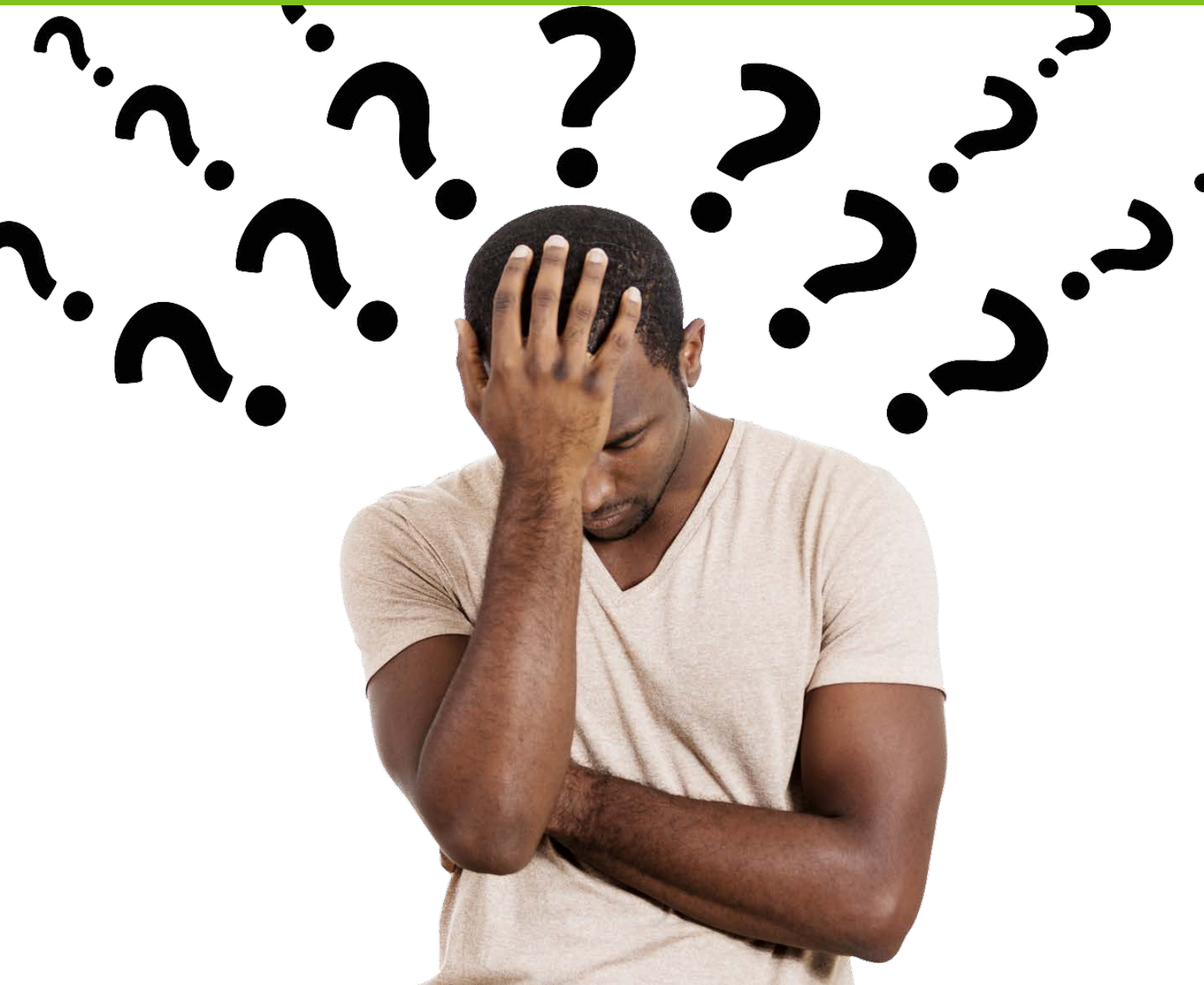


What to do in a crisis



**Easy
Read**




MindEd

e-learning to support young healthy minds

Contents

	Page
Self Harm	3
They tied something round their neck	4
Your child has a stash of tablets	5
They talk about suicide	6
Anger and aggression	7
Running away	8
Eating disorder	9
Confusion	10
Top tips	11
For more information	12



A **Crisis** is where the your child is in danger of harming themselves or harming someone else.

Self Harm



My child has marks on their arms. I think they are cutting themselves.

▶ Talk to them and listen.



▶ Contact your doctor. Ask to see the **Child and Adolescent Mental Health Services (CAMHS)**.



If it is really bad:-

▶ Take your child to A & E.



▶ If they say no ring 111 for advice.



Child and Adolescent Mental Health Services (CAMHS) are professionals who are trained to help children and young people who have mental health problems. They are part of the NHS.

They tied something round their neck



Your child has tied something around their neck. You think they are wanting to kill themselves.



- ▶ Tell your child you are there for them and want to try to understand.
- ▶ Ask them to remove what they have put round their neck.
- ▶ Call 111.



If it is really bad:-

- ▶ Try to remove the thing from your child's neck.
- ▶ Call 999.



Your child has a stash of tablets



You think your child might have taken a lot of tablets.



- ▶ Stay calm. Ask your child if they have taken anything.
- ▶ Try to talk to your child and listen to them.



If they have taken lots of tablets, or if they become unconscious:-



- ▶ Call 999 straight away.
- ▶ Stay with them.
- ▶ Put them in the recovery position. Make sure they can breathe OK.



They talk about suicide

Your child is saying that they are thinking about killing themselves and are behaving differently:-



▶ Contact your local doctor.



▶ Talk to your child and listen to them



▶ Help them to think about something else.

If they say they are going to kill themselves and have run away:-



▶ Call 999.

Anger and aggression



My child is getting into trouble because they get very angry:-



- ▶ Ask if they want to talk to you or someone else.
- ▶ Ask your doctor to arrange an meeting with the Child and Adolescent Mental Health Service (**CAMHS**).

If it gets very bad and they are out of control:-



- ▶ Try to keep calm.
- ▶ Phone your Doctor and CAMHS out of hours service.
- ▶ Remove anything that is dangerous.
- ▶ Call the police.



Running away

I think my child might have run away:-



- ▶ Phone their friends.
- ▶ Phone your child and leave a message.



If they don't turn up:-



- ▶ Phone the police.
- ▶ Have a recent photo handy.
- ▶ Think about all the places they might have gone.



- ▶ Get a friend to stay with you while you wait for the police.

Eating disorder



My child is making themselves vomit:-



- ▶ Talk with your child about seeing the doctor. The doctor can arrange a meeting with the **Community Eating Disorder Service**.



- ▶ The **Community Eating Disorder Service** are professionals who help people who have problems with eating.



If it is really bad:-

- ▶ See your doctor urgently.

Confusion



My child is becoming more slow, muddled, and looking bad:-



- ▶ Take your child to the doctor straight away - or A&E.

If it gets really bad:-



- ▶ Go straight to A&E. You might need the help of the police, or ambulance.

Top tips



- ▶ Try to understand your child's problems.



- ▶ Learn about the things that start off a **crisis** and how you can help.



- ▶ Ask for help from professionals and family members.



- ▶ Have a plan of what to do in a crisis.



- ▶ Make sure you look after yourself so you can stay calm.



- ▶ Stay hopeful - even when things are bad.

For more information

This resource is part of the MindEd online learning site.



For more information

Web: www.minded.org.uk



Email: minded@rcpch.ac.uk



Twitter: @MindEdUK

Easy read by easy-read-online.co.uk with help from Mencap Liverpool