

Advice to support reducing risks and offering support.

This advice should be implemented in addition to the individualised crisis and risk formulation and safety plan advice that has been co-produced with young people and their parents and carers.

We strongly recommend that to minimise any potential risks that the standard safety advice as detailed below is followed by parent/caregiver:

- All medications should be locked away as should alcohol, toxic substances, sharp objects including knives, scissors and items of potential risk including ligatures (cords, shoelaces, ropes etc.) bleach, fertilizer, washing powder, plastic bags (and similar) and fire setting equipment to be secured in the home to minimise risks.
- Monitor purchases made on-line and delivered by post, as the above items can be delivered to the home address if young people have access to online accounts. Parents/caregiver's to monitor bank and online accounts and intercept parcels.
- For the young person to be closely supervised and monitored by the parents/caregivers during this time of crisis. Location tracking on mobile devices can be a useful tool. Level to be determined in discussion with clinical team.
- For the young person to be encouraged and helped not to isolate themselves. Time alone can be an important coping strategy and discussion of how to do this safely may be of benefit.
- For young person not to use drugs, alcohol or other recreational toxins including nitrous oxide, helium, or aerosols etc.
- If the young person is in receipt of medications these should be administered by the parent/caregiver and kept securely.
- We also recommend that to ensure safeguarding and to minimise any potential risk that parent/caregiver closely monitor the young person's internet use.
- Ensure that this and any other appropriate safety plan and information is shared with all appropriate individuals/agencies.
- For our service to support and advise school and community settings in their independent risk assessments. This is likely to include our team being aware of the key person named by the school/community setting and having permission to liaise with them regarding risk.
- Any professional who is worried about a child can seek support from: - [Worried about a child - Kent Safeguarding Children Multi-Agency Partnership](#). This KSCMP page provides all the information regarding Support Level Guidance and links to the portal to submit a Request for support. Kent Children's Services Front Door do not offer a telephone referral option; however, professionals can contact the Front Door for a Professional consultation. A professional consultation should not be

used for urgent safeguarding matters where a child is at risk from significant harm. There is an expectation that the professional has referred to Support Level Guidance and has sought the advice of their agency Designated Safeguarding Lead.

- Kent Children's Services Front Door – 03000 411111
- Kent and Medway Out of Hours (after 5pm, weekends and bank holidays) – 03000 419191
- For Medway County Council professional can seek support from: - [Concerned about a child | Concerned about a child | Medway Council](#)
 - Medway Council - 01634 334 466
 - Kent and Medway Out of Hours (after 5pm, weekends and bank holidays) – 03000 419191
- Should you wish to report a crime please use 101 or [Report a crime | Kent Police](#). If a child is at immediate risk of harm, please use 999.
 - For any other information or intelligence submissions please use [Contact us about something else | Kent Police](#)

What to do if there is a Crisis?

If there is a deterioration in the young person's state of mind or mental health, call for support. During working hours contact the service responsible for the young person's care:

- **Crisis Assessment Team - 0300 555 1080**
- **Ashford: Lenworth Clinic - 0300 3001982**
- **Canterbury: Georges Turle House – 0300 3001984**
- **Maidstone: Pudding Lane - 0300 5551990**
- **Tunbridge Wells: Highlands House - 0300 3001992**
- **Medway: The Courtyard - 0300 03001989**
- **Swale: Seashells Family Centre - 0300 3001991**
- **Dartford: Twisleton Court - 0300 3001986**
- **Thanet: Orchard House - 0300 3001983**
- **Folkestone: Cherry Tree House - 0300 3001988**
- **Dover: Castleside Clinic Dover - 03003001987**
- **Kent and Medway Adolescent Hospital (KMAH): 0300 5551080**
- **Single Point of Access (SPA): 0300 1234496 (in hours)**
- **Mental Health Direct - 0800 995 1000 (available 24 hours per day).**

If a young person is in a life-threatening emergency (e.g. overdose or significant self-harm requiring urgent treatment) take them to the nearest Emergency Department or call 999 for an ambulance.

In this instance, if the young person is unable/unwilling to attend the Emergency Department, contact NHS 111 for additional assistance (Mental Health Option 2). If this occurs when the parent/caregiver is not present, it is important to advise parent/caregiver of the situation immediately.

- Information about what is likely to happen if a young person is taken to Emergency Department for reasons relating to self-harm can be found in the NHS Kent and Medway document “Self-harm prevention and advice for professionals, families and young people”.

For more information advice and support for professional, families and young people on self-harm please use the QR code below or the link provided.



[PowerPoint Presentation \(meusercontent.com\)](https://www.meusercontent.com)

If a parent/care giver anticipates any difficulties in implementing this advice, they should discuss this with a member of the team looking after the young person.

For more advice around what to do in a crisis please follow the QR code or link: [Crisis | NELFT NHS Foundation Trust](#)



For further support ideas please follow QR code or link: [Further support | NELFT NHS Foundation Trust](#)

