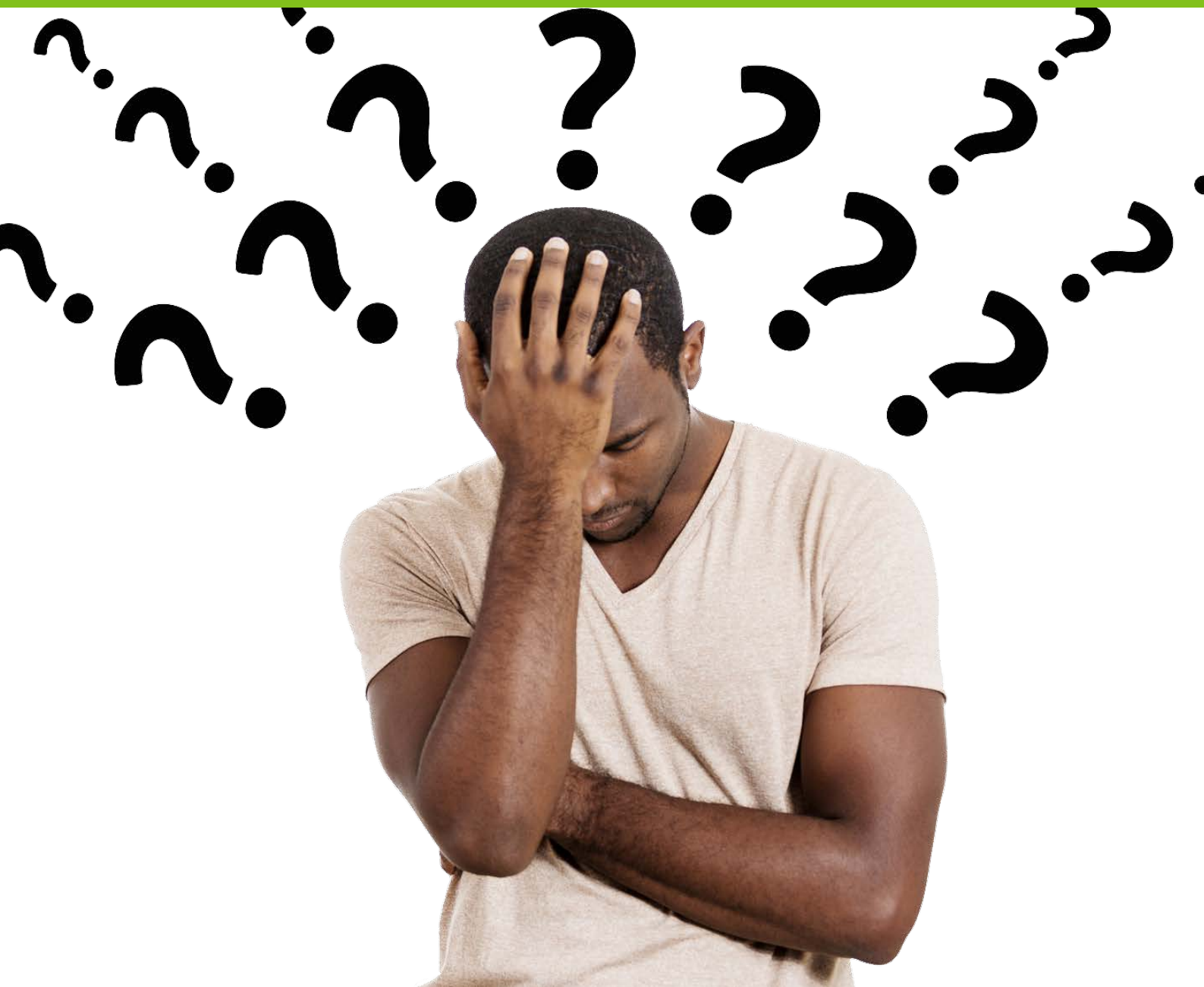


# What to do in a crisis



**Easy  
Read**



**MindEd**

*e-learning to support young healthy minds*

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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.



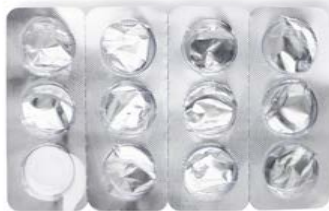
# Your child has a stash of tablets



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 a 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.



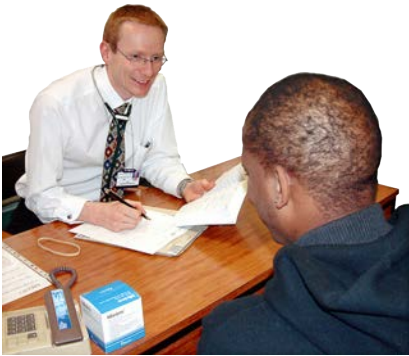
If it is really bad:-

- ▶ 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](http://www.minded.org.uk)



**Email:** [minded@rcpch.ac.uk](mailto:minded@rcpch.ac.uk)



**Twitter:** @MindEdUK

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