



# Ivybridge Community College

## Parent and Carer Self-Harm Focus



Ivybridge Community College recognise that self-harm is a serious problem for teenagers, more commonly occurring between the ages of 10 to 19, with a steep rise in the 17 - 19 age group in combination with increasing mental ill-health, according to national statistics.

As such, Ivybridge Community College has developed a graduated response to self-harm and we recognise that students need support beyond the College day. Therefore we have compiled some recommended support sites for parents/ carers below:

### **Support for students before they Self-Harm**

<https://youtu.be/vCOdzJ1-ZQQ>

### **Parent Lounge**

<https://youngminds.org.uk/find-help/for-parents/parents-lounge/>

**Talk to your Teenager** <https://stem4.org.uk/>

### **Self-harm information for parents/carers**

<https://stem4.org.uk/self-harm/self-harm-for-parents-carers/>