

# SELF-HARM IN CHILDREN AND YOUNG PEOPLE

End of Phase 2 summary



## Phase 1

August 2021 - July 2022



Data and research report



Co-production with young people with lived experience

This work has been commissioned by NHS Cambridgeshire & Peterborough and is managed by Cambridgeshire Public Health, funded by NHS England, under the wider Wave 4 Suicide Prevention funding.

## Phase 3

To come August 2023 - March 2024

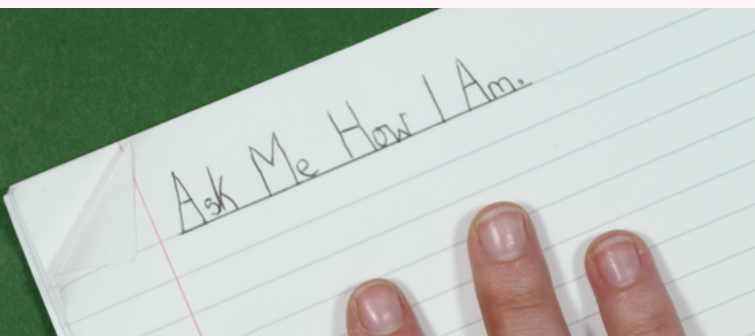
## Key outputs

- ✓ 5 minute animated film: Ask Me How I Am
- ✓ Pilot training workshops with additional print resources and signposting.
- ✓ Independent evaluation of co-production activity.

# 104

GP/Primary care staff and school staff took part in pilot training workshops

“ This is so valuable. As someone who has taught for 25 years... this is the best 'current issue' training I have had. So important! ”



## Phase 2

August 2022 - July 2023



Co-producing a film about self-harm with young people with lived experience



Consultation with professionals, young people & parent/carers to develop a training resource



Pilot training with professionals

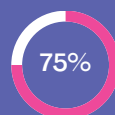
## Who did we work with?

2 partner schools  
7 young people with lived experience  
Professional film company Boundary Pictures and animator Oh Studio  
Consultations with over 60 teachers, GPs, therapists, young people, parent/carers.  
Steering group of experts by experience

“ The film will educate both health professionals, students and school staff - it will make people reflect on their perception of self harm ”



## The young people involved in co-producing the film told us...



I feel empowered to be part of a positive change for action (75% agreed)



My contribution felt valued (100%)

“ The fact that I know I can hopefully help other people & make services better for other young people. I think that's the highlight of this project for me. ”  
- young person