# SEVENOAKS PCN

*Newsletter for Parents*

## Self-harm advice for Parents

Discovering that your child may be self-harming can feel frightening and overwhelming, but you don't have to face it alone. Sometimes, self-harm is a way for young people to cope with feelings that seem too difficult to manage.

- *Stay calm and listen without judgement*
- *Reassure your child that you are there for them*
- *You don't need to have all the answers — being present, keep communication open and seek professional support when needed are important first steps*

**With understanding, patience and the right help, recovery is possible.**

Explore the resources below for practical advice on recognising the signs, starting difficult conversations and supporting your child through challenging times.

- **NHS Kent and Medway** - **Self-harm prevention advice for families.**
- **Barnardos** - **Self-harm in children and young people: what parents need to know**
- **YoungMinds** - **Self-harm**
- **With You** - **Self-harm: advice for parents**

Click on the headings above to re-direct you to the relevant resources or you can find a downloadable version here https://sevenoakspcn.gpweb.org.uk/

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## Self-harm advice for Professionals

**Professionals play a vital role in supporting young people who self-harm or those who may be at risk.**

**YoungMinds** and **NHS Kent and Medway** offer practical guidance to help professionals recognise signs of distress, approach conversations with empathy and without judgement, and create a safe space where young people feel heard and supported.

*Early intervention, active listening, appropriate safeguarding, and working collaboratively with families, carers and relevant services can help young people access the right support.*

### Training for Professionals

- **Mind and Body Programme** offer free service presentations and advice for professionals For more information, please et in touch via email: mabadmin@wearewithyou.org.uk
- **Alumina two-day course Alumina** - A Better Medway

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## Signposting

Click on the links below or download here for clickable links: https://sevenoakspcn.gpweb.org.uk/

**Calm Harm app - FREE**

For ages 13+ to help manage the urge to self-harm. This app provides activities and techniques to help break the cycle of self-harm behaviour and explore underlying triggers.

**Alumina - FREE online 7 week course**

For ages 10-17. No-one will see or hear you during the sessions - you'll join in via the chatbox. The sessions offer a friendly, inclusive, non-judgmental space where you are offered tools and ideas.

**Mind and Body Programme - FREE sessions**

For ages 13-17, who are experiencing self-harm or those at risk of self harming due to mental wellbeing struggles. A combined programme encompassing group learning and individual sessions teaching healthy coping strategies and supporting young people to find ways to manage their emotions.

**Speek - Digital service**

Is a digital service that helps families overcome adolescent self-harm. Speek offers a Parent-Only Course (£50/month) and Child/Young Person and Parent Course (£75/week).

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## FREE 4 week Gym Pass in October

Thanks to funding from Kent County Council (KCC), Salus Group are offering a FREE four-week gym Pass for young people who have a Holiday Activities and Food (HAF) programme voucher from Kent County Council or your school and are aged 14-16.

This is a great opportunity to stay active, build confidence, improve wellbeing, and make positive use of free time and holidays.

To apply, simply complete all sections of the form below and upload evidence of your HAF voucher when asked.
FREE 4 week Gym Pass Programme - October Application form - Fill out form

**Applications are open until 16th October 2026.**



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## NCT Nearly New Sale

Sunday 15th November 2026

10:30–12

NCT Members 10AM

Adults £1
kids go free

Cafe on site
Free parking

nct
Nearly New
SALE



Walthamstow Hall School,
Sevenoaks




Scan for
more info

1000's of preloved
baby and children's items

Sevenoaks and Tonbridge NCT Branch