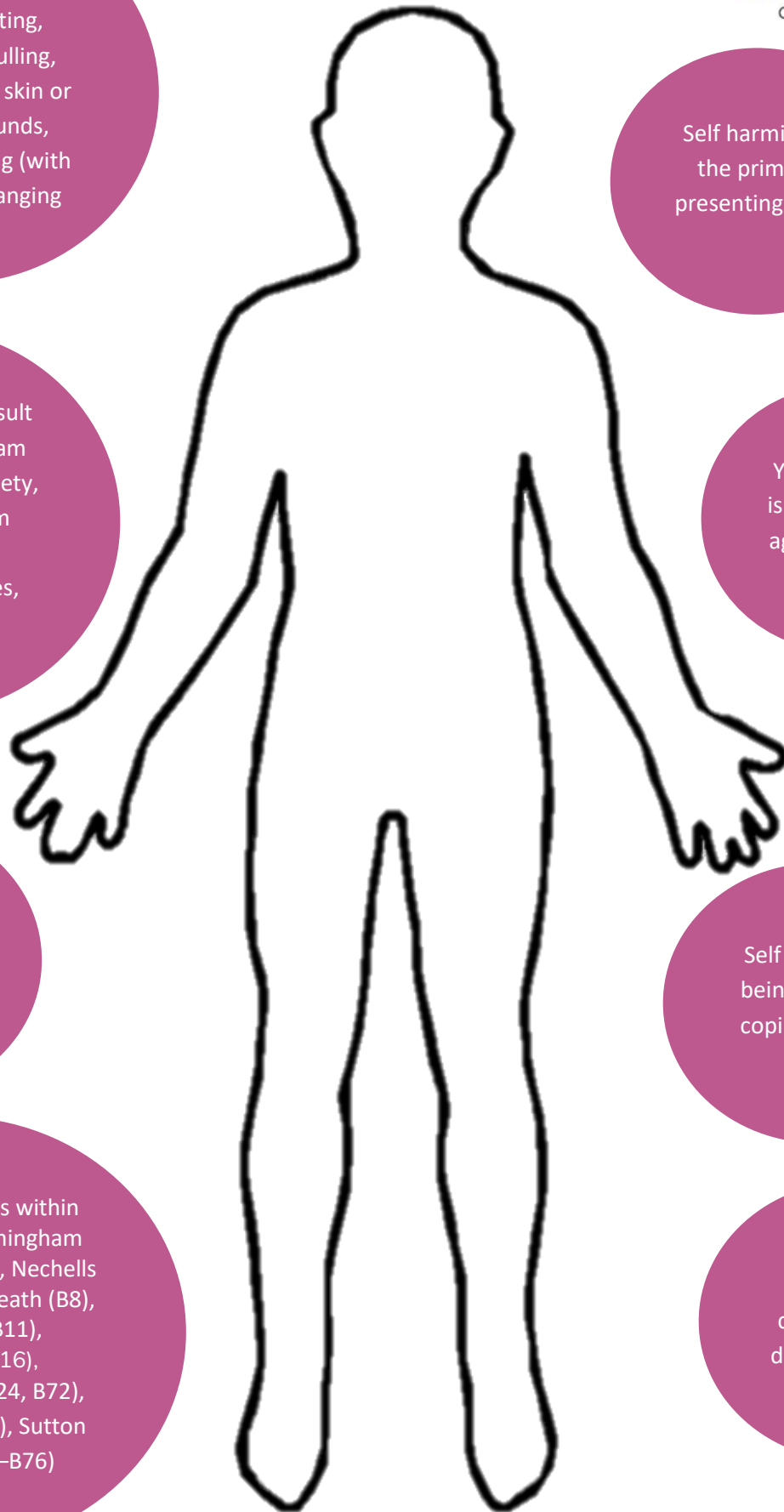


Family Intervention for Self-Harm [FISH]

Person Profile



Self harming fits the following (cutting, burning, hair pulling, biting, picking at skin or reopening wounds, scratching, hitting (with object), head banging)

Self harming is the primary presenting issue

Self harming is a result of or coping for exam stress, bullying, anxiety, panic, self-esteem issues, family relationships issues, stress

Young person is between the ages of 10 - 19

Families are looking for support and willing to engage

Self harming is being used as a coping strategy

Home residence is within the following Birmingham regions; Aston (B6), Nechells (B7), Washwood Heath (B8), Sparkbrook (B11), Ladywood (B16), Erdington (B23, B24, B72), Kingstanding (B44), Sutton Coldfield (B72–B76)

Pre-existing diagnosed developmental disorders can be accepted

Exclusions include the following;

- Where a referral to a specialist mental health support service is needed, for example Forward Thinking Birmingham (FTB), eating disorders clinics, addiction services etc.
- A person presenting serious, severe and chronic mental health illnesses (borderline personality disorder (BPD), bi-polar, psychosis, schizophrenia, dissociative disorders etc.)