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Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Ein cyf/Our ref:	TO	Swyddfeydd Corfforaethol, Adeilad Ystwyth
Eich cyf/Your ref:	P-04-559	Hafan Derwen, Parc Dewi Sant,
Gofynnwch am/Please ask for:	Teresa Owen	Heol Ffynnon Job
Rhif Ffôn /Telephone:	01267 239729	Caerfyrddin, Sir Gaerfyrddin, SA31 3BB
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William Powell AC/AM
Chair
Petitions Committee
Cardiff Bay
Cardiff
CF99 1NA

Dear Mr Powell

Petition Title: Secondary School Awareness of Self Harm

Thank you for your letter to Mrs Karen Howell, Interim Chief Executive, dated July 2014, regarding the petition "Secondary School Awareness of Self Harm".

On behalf of Hywel Dda University Health Board, here is our response:

There are a number of services available to support young people as well as a formal approach to their GP. All secondary schools have a named school nurse and local authorities provide a School Counselling Service. In addition all schools have Pupil Support Officers. All these services provide support for a wide range of student concerns many of which are associated with self harming behaviours.

Although these resources are available they can only help where young people in distress acknowledge their issue and seek help.

The Healthy School Initiative as well as supporting pupils and teaching staff to adopt healthy lifestyle approaches such as good nutrition and exercise also provides a range of materials and training to enable school communities to engage in open discussion about difficult issues such as self harm. The intention is to give teachers and pupils the confidence to recognise and offer support to friends and pupils in distress who find it difficult to seek help themselves.

Self harm is not an easy area to tackle and can lead to individuals being stigmatised by their peers. It is often the result of low self esteem which itself will make it difficult for an individual to seek help. Recently a DVD "Get the Low Down" has been produced by our Child and Adolescent Mental Health Service that provides material to help generate the discussion. Training for teachers to be able to use this material is essential and is underway in some schools which will add to the

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Hywel Dda University Health Board
Corporate Offices, Ystwyth Building, Hafan
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Carmarthen, Carmarthenshire, SA31 3BB

Cadeirydd / Chairman
Mrs Bernardine Rees OBE

Prif Weithredwr /Chief Executive
Mrs Karen Howell

Bwrdd Iechyd Prifysgol Hywel Dda yw enw gweithredol Bwrdd Iechyd Lleol Prifysgol Hywel Dda
Hywel Dda University Health Board is the operational name of Hywel Dda University Local Health Board

Mae Bwrdd Iechyd Prifysgol Hywel Dda yn amgylchedd di-fwg Hywel Dda University Health Board operates a smoke free environment



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resources available to tackle self harm.

Yours Sincerely

Teresa Owen
Director Public Health