

Let's Talk
...about self-harm

Template letter to parents following self-harm meeting

Appendix 3a

Date: *****

Dear ***** (parent / carer)

I am writing to you following our meeting to discuss the concerns about ***. Thank you for meeting with me – I do realise how concerning this situation must be for you and it is important that we work together to support *****.**

To confirm our discussion,

- **Summarise the discussion from meeting – include detail of self-harming and any specific concerns raised**
- **Outline agreed actions (including advice to access other services – GP / SET CAMHS)**
- **Outline what support has been / will be put in place in school**
- **Confirm arrangements for future communication with parent / carer**
- **Sign-post to any resources to support parent / carer**

We will obviously continue to provide support to *** in school, but would request that you share any relevant information with us in a timely way to ensure we are able to do so as effectively as possible.**

We will continue to communicate with you if we have any further concerns but, meanwhile, if there is anything else we can do to help please do not hesitate to contact me.

Insert details of review process – future meeting?

Yours sincerely,

Copies to:
