



- Listen and explain the limits to confidentiality.
- Reassure the young person it is ok to talk about it.
- Stay calm and don't judge the young person for their actions.

Ask the questions on the other side of this card and get more information and support at

www.mindmate.org.uk

- **What is happening for you?**
- **Is this affecting you?**
- **What help do you need?**
- **What would you like to happen next?**

It is ok to say you need to go and find out more information. If someone has seriously injured themselves badly or taken an overdose it is important that they get immediate medical treatment from either the Emergency Department (also known as A&E) or their GP. In an emergency call an ambulance.