

## MHPN Webinar: Working together to support people who self-harm



### List of Panel Suggested Supporting Resources

#### For practitioners:

Coming out very soon will be an updated clinical guideline on deliberate self-harm from the Royal Australian and New Zealand College of Psychiatrists. Philip Hazell is a co-author. The current one on the website is from 2004. Review the below link to wait for the new one:

<https://www.ranzcp.org/Publications/Guidelines-and-resources-for-practice.aspx>

**Self-harm and young people** – Orygen Youth Health research bulletin

<https://orygen.org.au/Our-Research/Research-Areas/Suicide-Prevention/Research-Bulletin-Self-Harm-and-Young-People.aspx>

#### References used in Rachel Rossiter presentation:

ASCA & Kezelman, C. A., & Stavropoulos, P. A. (2012). *'The Last Frontier' - Practice Guidelines for Treatment of Complex Trauma Informed Care and Service Delivery*. Retrieved from [http://www.recoveryonpurpose.com/upload/ASCA\\_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf](http://www.recoveryonpurpose.com/upload/ASCA_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf)

Murphy, R. A., Sink, H. E., Ake, G. S., Carmody, K. A., Amaya-Jackson, L. M., & Briggs, E. C. (2014). Predictors of Treatment Completion in a Sample of Youth Who Have Experienced Physical or Sexual Trauma. *Journal of Interpersonal Violence*, 29(1), 3-19. doi:10.1177/0886260513504495

Muskett, C. (2014). Trauma-informed care in inpatient mental health settings: A review of the literature. *International Journal of Mental Health Nursing*, 23(1), 51-59. doi:10.1111/inm.12012

#### Other Resources and references of potential assistance:

- **e-hub Self-Help Programs for Mental Health & Wellbeing**

<http://ehub.anu.edu.au/welcome.php>

- **E-couch** <https://ecouch.anu.edu.au/welcome>

A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It provides evidence-based information and teaches strategies drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity.

- **Mindhealthconnect** mental health and wellbeing

<http://www.mindhealthconnect.org.au/online-self-help-programs>

- **headspace** Understanding self-harm – for young people

<http://headspace.org.au/young-people/understanding-self-harm-for-young-people/>

- **NHMRC** – Caring for People with Borderline Personality Disorder: A Reference Guide for Health Professionals

[https://www.nhmrc.gov.au/files\\_nhmrc/publications/attachments/mh25b\\_bpd\\_reference\\_guide\\_130530.pdf](https://www.nhmrc.gov.au/files_nhmrc/publications/attachments/mh25b_bpd_reference_guide_130530.pdf)

- **‘The Last Frontier’ – Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery**

[http://www.recoveryonpurpose.com/upload/ASCA\\_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf](http://www.recoveryonpurpose.com/upload/ASCA_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf)

- **Self-harm practice guidelines – The Royal Australian and New Zealand College of Psychiatrists**

<https://www.ranzcp.org/Publications/Guidelines-and-resources-for-practice/Self-harm-practice-guidelines.aspx>

- Bateman, J., Henderson, C. M., & Kezelman, C. A. (2013). *Trauma-Informed Care and Practice: Towards a cultural shift in policy reform across mental health and human services in Australia, A National Strategic Direction*. Retrieved from <http://www.mhcc.org.au/policy-advocacy-reform/influence-and-reform/trauma-informed-care-and-practice-a-national-strategic-direction.aspx>

#### **For consumers:**

- **RANZCP Self-harm: Australian treatment guide for consumers and carers (August 2009)**

[https://www.ranzcp.org/Files/Resources/Publications/CPG/Australian\\_Versions/AUS\\_Self\\_harm-pdf.aspx](https://www.ranzcp.org/Files/Resources/Publications/CPG/Australian_Versions/AUS_Self_harm-pdf.aspx)