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## Portus - self-harm and suicide prevention pathway and toolkit

### Organisation details

#### Description of activity

'Portus' is a resource to support children and young people in Kingston and Richmond who are harming themselves. Public Health developed the resource with the help of an expert panel including GPs, school Mental Health Leads, CAMHS clinicians, school nurses, safeguarding nurses, parents, children and young people.

The resource provides clear information and tools to support appropriate responses to keep children and young people safe, enabling them to recover from psychological distress. There are sections for parents, schools, colleges, youth services, GPs and Children's Social Care. The website also provides information for children and young people to help them get the support they need.

Portus includes links to local and national resources including NHS approved apps and information sources.

### Contact details

#### Website

<https://www.richmond.gov.uk/portus>