GP attitude and access plays important role in young people seeking help for self-harm
3 August 2021

The researchers say that to combat this, it is important for young people to be aware of how to access general practice, but it is also critical for GPs to listen, understand, and proactively follow up with young people in their care who self-harm, adding that continuity of GP care is important to help these patients and can reduce self-harm behavior in young people.

Self-harm is the strongest risk factor for suicide and young people who self-harm present to GPs the most often in the NHS. Perceptions of care for young people is largely unexplored, but a relationship with one GP who listens, appears to understand, and offers proactive follow-up, is an important facilitator for young people who access general practice for self-harm.

Dr. Faraz Mughal, a GP and NIHR Doctoral Fellow at Keele University, who led the study, said: "This research with young people who have harmed themselves identified several barriers for young people seeking help but also found that GPs who listen and proactively follow-up with young people who have harmed themselves encourages future help-seeking for young people, and is good self-harm care. In the publicly-available paper we make recommendations for GPs when supporting young people who present with a history of self-harm."


Provided by Keele University
APA citation: GP attitude and access plays important role in young people seeking help for self-harm (2021, August 3) retrieved 16 August 2021 from https://medicalxpress.com/news/2021-08-gp-attitude-access-important-role.html

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