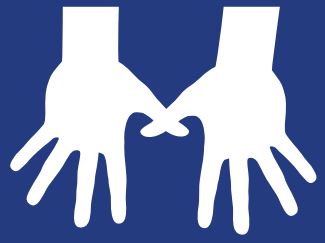
Four simple steps to help someone who's been stabbed:

1. Is it safe to approach? Consider your own safety



2. Put pressure on the wound.



3. Call 999.



4. Keep pressure on the wound until an ambulance arrives.

Help and Support available in Worcestershire

Kooth

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. Free, safe and anonymous online support for young people.

www.kooth.com

The Mix

A free and confidential multi-channel service, providing support to under 25s. Connecting people to experts and peers who'll give support and tools people need to take on any challenge they're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs.

www.themix.org.uk
Helpline: 0808 808 4994
Crisis text service: 85258 (text THEMIX)

Moodjuice

Moodjuice offers information, advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems.

www.moodjuice.scot.nhs.uk

CAMHS Bestie Application

An interactive programme that can be personalised by users. Young people (and parents/professionals) can design their own avatar and room, and find services, tools and ideas to help with a range of different, commonly faced issues such as anxiety and low mood. This contains numerous resources and advice for children of all ages regarding mental/emotional wellbeing difficulties.

www.camhsbestie.co.uk

NHS
Herefordshire and Worcestershire
Clinical Commissioning Group



How to help someone who's been stabbed

Anyone who's been stabbed needs immediate help.

Their life could be at risk.

What if there is an object in the wound?

If there is an object in the wound, don't remove it as this could make the bleeding a lot worse. Apply pressure around it.

The person looks pale, feels cold and is dizzy. What does this mean?

This means there isn't enough blood flowing through the body. This physical response to an injury is called shock, and it can be life-threatening.

If you suspect someone is going into shock:

- continue to apply pressure to the wound to stop the blood coming out
- call 999 if you haven't already done so
- lie them down and lift their feet higher than the rest of their body. This keeps their legs higher than their heart, which helps increase blood flow to their brain and heart
- reassure them and wrap them in coats or a blanket to keep them warm.

Is there anything else I can do?

The best thing you can do is keep applying pressure to the wound to help stop or slow the blood flow and wait for an ambulance to arrive.

Learn first aid for someone who is bleeding heavily

1. **Put pressure on the wound with whatever is available to stop or slow down the flow of blood.**
   You are acting as a "plug" to stop the blood escaping. The pressure you apply will help the blood clot and stop the bleeding.

2. **Call 999 as soon as possible.**
   If you can't call 999, get someone else to do it.

3. **Keep pressure on the wound until help arrives.**

Common Questions about First Aid for someone who is bleeding heavily

What do I do if the bleeding soaks through the item I've used to press on the wound?

Remove the item and replace with a fresh one, make sure that firm pressure is applied to the wound.

Call 999 as soon as possible. If you can't call 999, get someone else to do it.

What should I do if there is an embedded object in the wound?

Do not remove it – it's helping plug the hole and stop the blood flow. Instead, **apply pressure around the object.**

Removing the object from the wound can make the bleeding much worse.

Should I wash the wound?

Don't wash a wound that is bleeding heavily. You may make it bleed more.

For minor cuts and grazes, you can wash the wound to remove any dirt. You should also wash animal bites with soapy water if they are not bleeding heavily.

Should I worry about infection or catching something from their blood?

No, if you don't have a cut yourself, you are very unlikely to get an infection, or infect them. If you are worried about infection, you can use a plastic bag or plastic gloves as a barrier, or you could get them to use their own hand to put pressure on the wound.