

## Safeguarding Alert

**Date:** 22<sup>nd</sup> January 2026

### **Intended for:**

*Providers, ICB's, including Designated Safeguarding Leads, Local Authorities, Dynamic Support Register Managers, Community Mental Health Teams / Outreach/ Home treatment teams, Looked after Children Nurses / Social Workers (this list is not exhausted)*

We have been made aware by Essex Children's Services, of some concerning activity relating to, two young adults, who may be having contact with CYP on or previously on, CAMHS inpatient wards and are encouraging self-harm.

Both are known to local services and systems.

Our concern relates specifically to the potential of previous and possible current connections, with these two individuals, and a TikTok account which our CYP's may be following. *One of the individuals has approximately 3,000 followers on TikTok and appears keen to maintain this following, which may be a motivating factor for them to engage with vulnerable young people.*

We are aware of possible links with at least two patients in Essex, one of which is currently in hospital and the other is on an adult acute Mental Health ward. We know very little other details at this stage and the situation is being monitoring by the Police for any potential criminal activity as well as the Local Authority within Essex, who have held a recent Multi Agency Meeting that involved EPUT colleagues.

### **Action suggested:**

- *To remind parents/carers and the bill payer of any mobile device, of their responsibility to monitor the content and share any safeguarding concerns.*
- *Individuals and teams to consider any contact vulnerable children or young adults maybe having with the digital community or following online*
- *Inpatient units to ensure all policies and process are followed when visits are arranged by external parties/adults*
- *To ensure parents/carers have access to resources available to support safe online activity.*

*Any information or concerns please contact: MH Risk Management Board at -Essex [MH.Risk.Management.Board@essex.police.uk](mailto:MH.Risk.Management.Board@essex.police.uk). Or contact 101 or report via the Essex police website.*

### **Resources available:**

['What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives | Children's Commissioner for England](#)

[Keeping children safe online | NSPCC](#)

[Keeping children safe online | Barnardo's](#)

[Primary online safety for teachers](#)

[Support for parents and carers to keep children safe online - GOV.UK](#)

**Notification from:** NHS England Regional Safeguarding Team, NHS England Learning Disability and Autism Regional Team, East of England Provider Collaborative