

## On Edge Learning About Self Harm: updated information August 2023

Section	Brief summary of changes/edits	Updated information
Background & Policy Context: page 2	Updated information to reflect current policy landscape.	<b>Appendix 1:</b> Policy context to illustrate On Edge links to some of the key health, education and youth work policy drivers.
	Updated statistics to reflect current self harm trends.	It's almost impossible to say how many young people are self-harming. Stigma, discrimination and fear of being judged can stop children and young people from disclosing their self harm, making it difficult to keep records or have an accurate idea of scale. Suicide attempts and non-suicidal self-harm: national prevalence study of young adults, Connor et al, British Journal of Psychiatry, 2018 suggested that <b>1 in 6 young people engaged in non –suicidal self harm.</b>  Statistics <a href="#">from The Samaritans Hidden Too Long: uncovering self-harm in Scotland report (2020)</a> shared that <b>1 in 6 (16%)</b> of 16-24 year olds say they have self-harmed at some point in their lives.
	Updated link to access Positive Mental Attitudes (PMA) resource pack.	PMA resource pack can be downloaded from the NHS GGC Mental Health Improvement Team website: <a href="#">Resources and Planning Tools - NHSGGC</a>
	Updated information on age appropriateness of resource.	On Edge can be used with pupils from upper primary onwards.

Lesson 1: page 4 Leaflets	Replace National Self-harm Network Leaflets with LifeSIGNS fact sheets.	<b>Download from</b> <a href="#">Fact sheets – LifeSIGNS</a> . A range of fact sheets for parents/guardians, friends, employers.
Lesson 1: Activity 4 Definition	<p>Replace Basement Project definition with definition used in NHSGGC What’s the Harm Self-harm awareness and skills training.</p> <p>Access <b>NHS Inform</b> for further information on definition, causes and where to get help for self harm.</p>	<p><b>Replacement definition:</b></p> <p>“Self-harm is an act which is intended to cause injury to ones-self but which is not intended to result in death. It is often described by those who self-harm as a way of coping with emotional pain and of surviving distressing experiences. It is not a suicide attempt”</p> <p><b>NHS Inform</b>  <a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health/self-harm">https://www.nhsinform.scot/illnesses-and-conditions/mental-health/self-harm</a></p>
Lesson 2: page 9 Leaflets	Replace National Self-harm Network Leaflets with LifeSIGNS fact sheets.	<b>Download from</b> <a href="#">Fact sheets – LifeSIGNS</a> . A range of fact sheets for parents/guardians, friends, employers.
Lesson 3: page 14 Leaflets	Replace National Self-harm Network Leaflets with LifeSIGNS fact sheets.	<b>Download from</b> <a href="#">Fact sheets – LifeSIGNS</a> . A range of fact sheets for parents/guardians, friends, employers.
Lesson 4: page 20 Leaflets	Replace National Self-harm Network Leaflets with LifeSIGNS fact sheets.	<b>Download from</b> <a href="#">Fact sheets – LifeSIGNS</a> . A range of fact sheets for parents/guardians, friends, employers.
Lesson 4: page 23 Accessing Professional Help	Updated “Accessing Professional Help” information. Replace with information from the NHSGGC Child and Youth Mental Health Supports resource.	<b>Download</b> the <a href="#">Child And Youth Mental Health APPS, Helplines And Websites</a> resource. A document that maps out the range of available mental health supports for children and young people to access including website, apps and helplines.
Additional teaching supports: page 25	Replace advice sites with information from the NHSGGC Self-harm resource and supports document.	Download the <a href="#">Self-harm Resources and Supports Resource</a> : a document that brings together a range of useful information including details of advice sites.
On Edge Contacts: page 33	Updated contact information for all On Edge queries.	If you have any questions about On Edge, these should go directly to the NHSGGC Mental Health Improvement Team at <a href="mailto:ggc.mhead@ggc.scot.nhs.uk">ggc.mhead@ggc.scot.nhs.uk</a>

Supporting Information	Additional Mental Health and Wellbeing resources for schools.	Download the <a href="#">Mental Health Resources for Schools and Youth Organisations - NHSGGC</a> : <ul style="list-style-type: none"><li>• A document that offers a range of suggested resources that can be used in schools and by youth organisations to help protect, promote, and support the mental health and wellbeing of children and young people. Whilst this is not an exhaustive list, the resources highlighted have been developed by Education and Health colleagues and National Mental Health organisations.</li></ul>
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