

# Self-Harm Resources and Supports



## Context

This resource is for those wishing to increase their knowledge and understanding of self-harm that is non-life threatening and used as a coping strategy. Self-harm is when someone hurts themselves as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences.

The information is targeted at the Informed and Skilled levels as set out in the **NES Mental Health Improvement and Suicide Prevention Framework**. It brings together a range of information for staff providing support and advice to people who may be self-harming relating to:



## Learning Opportunities



### NHS Education for Scotland

Supporting People at risk of self-harm: a learning byte designed to support staff to develop their knowledge and practice at the Skilled Level. It is recommended that Informed Level Resources are completed before accessing the Skilled Level.



### NHS Education for Scotland National Trauma Training

A range of online trauma related learning resources openly available to support all members of the Scottish workforce.

**Minded Hub**: provides a range of self harm e-learning opportunities. It is aimed at anyone from beginner through to specialist.

*Click on links to access*

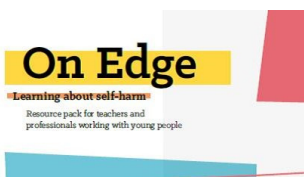
**NHSGGC Mental Health Improvement Team**: have collated a range of free e learning opportunities across the life course.

## Useful Resources, Apps and Websites



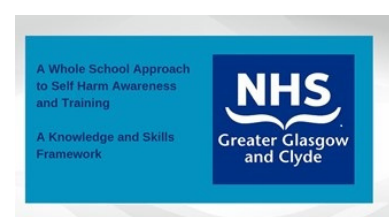
**Life Signs**: has a number of useful factsheets that you can download for free.

**NHS Inform**: information on self-harm including signs, causes and treatment.



**On Edge Learning About Self-Harm**: a resource pack for teachers and other practitioners working with young people.

**A whole school approach to self-harm awareness and training**: supports schools and youth organisations to consider how they may implement a whole organisation approach to self-harm awareness and training.



**Self Injury UK**: information and resources on self-harm and provides phone, text, email and WebChat support.

*Click on images to access*

# Useful Resources, Apps and Websites



- **CALM HARM**: a free APP that helps you manage or resist the urge to self-harm.
- **Healthy Minds Pocket Guide**: details mental health supports in each of the 6 HSCP's, and helpful tips for looking after your mental health. Copies can be downloaded and ordered from **PHRD**.



- **Hidden Pain**: self injury and people with learning disabilities.
- **Parents and Carers**: self-harm information for parents and carers produced by Glasgow Psychological Services.



- **PSYCHE**: how to support someone who is self-harming.
- **Self-Harm and Autism**: information and guidance to help autistic individuals using self-harm.
- **Self-Heal**: a free App to help with the management of self-harm. Includes distraction task suggestions, useful contacts and information on self-harm.

Click on links to access



## Helplines

**Breathing Space**: for people experiencing low mood, depression or anxiety. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am. Call free **0800 83 85 87**.

**Calm (Campaign Against Living Miserably)**: provide free phone and WebChat support 5pm - Midnight daily: Call free **0800 58 58 58**, website has information on a range of mental health topics.

**Childline**: is open 24 hours a day, 7 days a week. Call fee **0800 1111**.

**NHS LIVING LIFE** : A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Call **0800 328 9655** Mon-Fri 1pm -9pm.

**PAPYRUS HOPELINE UK**: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm.

**Samaritans**: A free and confidential support to anyone, any age. Call free anytime **116 123**.

**Self Injury UK Helpline**: for women of any age or background affected by self-injury, whether their own or that of a friend or family member. Call **0808 800 8088**, open Tuesday, Wednesday and Thursday, 7pm – 9.30pm.

**Young Minds**: provides information on coping with self-harm and suicidal feelings. Crisis Text service also available 24/7 **Text YM to 85258** and a Parents Helpline: **0808 802 5544** Mon – Fri 9.30am – 4pm.

## Keeping Safe

**REMEMBER** if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their doctor should be the first point of contact or contact **NHS 24** on **111**. If you feel the individual is in immediate danger please call **999**.