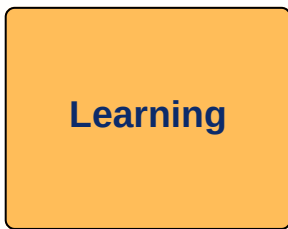


Self-harm Resources and Supports

Introduction

Self-harm is when someone hurts themselves as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. 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.

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



- **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.
- **National Trauma Training.** A range of online trauma related learning resources openly available to support all members of the Scottish workforce.

Click on hyperlinks to access information

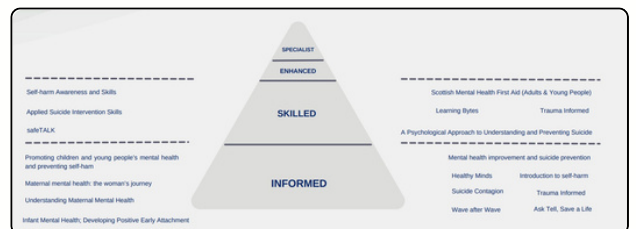
Self-harm Network Scotland. Offer a number of different free training opportunities that will enable you to choose the best option for you, your organisation and your training needs. Click on image to find out more.



MindED Hub. Provides a range of self-harm e-learning opportunities. It is aimed at anyone from beginner through to specialist. Click on image to find out more.



NHSGGC Mental Health, Self-Harm and Suicide Prevention Training Pathway. A resource to encourage staff to progressively build their knowledge and skills relevant to their role and responsibilities in the area of mental health. Click on the image to find out more.



Self-Directed Mental Health Learning. A comprehensive selection of free mental health e-learning opportunities across the life course pulled together by the NHSGGC Mental Health improvement Team. Click on image to download information.

Useful Websites

Click on images to access information

LifeSIGNS. Offer free downloads, self-help information and resources.



SIFT: Understanding Self-harm Together. hosts information for people who self-harm, friends and family, educators, and health & care workers.



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



Self-harm Network Scotland. Provides useful information for the family and friends of people who experience self-harm, as well as professionals.



Aye Mind. For those working with young people to help them feel confident using digital tools to support their mental health and wellbeing. Includes a directory on a range of digital tools, including tools for people using self-harm as a coping strategy. Offers 'how-to' guides for using digital tools with young people, and information on a range of topics related to the online environment and how it impacts young people's mental health and wellbeing.



Resources

Click on images to access information

A Whole Establishment Approach to Self-harm Awareness and Training for Early Years and Schools. A Knowledge and Skills Framework: a resource for education partners to help embed a whole organisation approach to self-harm. The resource can also be used by youth providers.



On Edge Learning About Self-harm. A resource pack for teachers and other practitioners working with young people (upper primary and secondary). It includes teaching support materials and further information in the form of signposting to external resources and advice services. Hosted under resources section of page.



Young Minds. A guide for parents. Learn more about what self-harm is, what the signs of self-harm are in a young person, and where to get support.



PSYCHE. Provides useful information on how to support someone who is self-harming.



National Autistic Society. The reasons why autistic people self-harm can be different to non-autistic people. Find out more about autism and self-harm.



Samaritans. A useful social media toolkit to learn about internet safety around suicide and self-harm.



Scottish Action for Mental Health. Two downloadable guides available.

- **Understanding Self-harm.** Contains advice for anyone who self-harms, and their friends and family.



- **Self-harm information for parents and carers.** Gives advice on what self-harm is and how you can help.

Charlie Waller - Coping with Self-harm. Guidance for parents and carers providing useful information on how to support someone who is self-harming.



Mind. Understanding self-harm for 11-18 year olds. Information for young people to understand self-harm. Like why we might self-harm and how to talk to other people about it.



Mental Health Foundation. The Truth about Self-harm: a downloadable guide to help you understand more about self-harm and what to do if you are worried about yourself or someone else.



APPS

Click on images to access information

distrACT: a free APP for those who are supporting people who self-harm and feel suicidal. It provides easy access to wellbeing information, self-help tips and links to support.



CALM HARM: a free APP that helps you manage or resist the urge to self-harm.



Helplines and Online Supports

ALUMINA. Free online support for 10-17 year olds who are struggling with self-harming behaviour. Live sessions, through a web browser with trained youth workers. It helps reduce harming behaviour and find alternative ways of coping. Visit <https://www.selfharm.co.uk/>

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 support 5pm - Midnight daily, call free **0800 58 58 58**. To access WebChat or Whatsapp support visit <https://www.thecalmzone.net/suicide-prevention-helpline>

Childline. Is open 24 hours a day, 7 days a week. Call free **0800 1111**.

NHS24 Mental Health Hub: telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.

PAPYRUS HOPELINE 24/7. 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 **0300 102 2470** or Text **HOPE** to **88247**. Email pat@papyrus-uk.org or Live webchat via the button on [screen](#).

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

Self-harm Network Scotland. Provide an online portal is to provide information and support for people who are living with self-harm aged 12+. Immediate support available via web-chat and recovery-focused tools. To visit click [Self-harm Network Scotland](#)

SIFT- Understanding Self-harm Together.

- **Free Helpline Support:** Call **0808 800 8088** Mondays and Thursdays 6pm - 9pm
- **Text Support:** Monday to Friday 6pm -9pm **07537 432 444** (Texts cost normal standard rate)
- **Email Support:** Contact anytime Replies within a week - tess@sift.org.uk

SHOUT. A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.

Young Minds. A helpline providing information on coping with self-harm and suicidal feelings for parents. Call: **0808 802 5544** Mon, Thurs and Fri 9.30am – 4pm, Tues and Wed 9.30am - 6pm.

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**.