

Self-harm Resources and Supports

Introduction

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

Resources,
APPS &
Websites

Helplines

Keeping
Safe

Learning Opportunities

Click on links to access

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.

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

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.

NHSGGC Mental Health Improvement Team:

a comprehensive selection of free e learning opportunities across the life course.

Penumbra: offer free self-harm awareness and training that is open to organisations. Training includes a 1-hour self-harm awareness session to a full day workshop, with a mixture of online and in-person sessions. For more information contact **SHNStraining@penumbra.org.uk**

Useful Websites

Click on images to access



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, enabling people to support themselves and others. Provides useful information for the family and friends of people who experience self-harm, as well as professionals.



Information on self-harm including signs, causes and treatment.



Provide a range of free downloadable factsheets, self-help information and resources.



LifeSIGNS: offer free downloads, self-help information and resources.

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.



APPS

Click on images to access

CALM HARM: a free APP that helps manage or resist the urge to 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.





A self-harm resource pack for teachers and other practitioners working with young people.

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



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.



Hidden Pain?
Self-injury and people with learning disabilities.



A resource for education and youth providers to encourage a whole organisation approach to self-harm awareness and training.



Self-harm and Autism

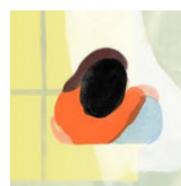


Details of mental health supports in each of the 6 HSCP's, and helpful tips for looking after your mental health.

A guide explaining self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.



Free online support for 11-19 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.



PSYCHE: how to support someone who is self-harming.

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 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.

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**.

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

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**.