

In 2024, the NHS Greater Glasgow and Clyde Mental Health Improvement Team and the University of Strathclyde forged a partnership to implement a Training for Trainers approach to deliver What's The Harm; Self-harm Skills and Awareness Training. The programme of work aims to ensure that anyone affected by self-harm receives compassionate support and that those supporting those who self-harm feel better equipped to do so. It also focusses on improving the strategic approach to managing self-harm within the University and the process for evaluating and auditing this. This infographic is the second in a series being produced to follow the progress of the work and outcomes achieved. The first issue can be viewed [here](#) and the 2024 Training for Trainers summary report can be accessed [here](#).

## Progress and Achievements



9 of the original 10 trainers remain engaged with the self-harm programme

137

As of July 2025, **137** participants have been trained in What's the Harm? Self-harm awareness and skills, which includes **18** students

63

Participants completed an evaluation

94%

Of participants felt more able to respond appropriately to someone who is self-harming

92%

Of participants said the training increased their confidence in responding to self-harm



Introduction of new online 1.5-hour self-harm session

47

Staff have attended the online session

## Next Steps

- Development of a dedicated self-harm policy, aligned with the [University's Suicide Prevention Strategy](#)
- Increase training reach to capture more staff and students
- Explore inviting those with lived and living experience of self-harm to support the training programme

## Participant Feedback

*"I believe the skills I've learned will help me become a more skilled and confident counsellor in the future. I would and will recommend this course to anyone wanting to understand self-harm more deeply."*