

Scotland's Self-harm Strategy and Action plan (2023) aims for anyone affected by self-harm to receive compassionate support, without fear of stigma or discrimination. The strategy highlights the need to continue to expand and deepen self-harm knowledge, provision of core training and continuous professional development for key professional groups including schools and further education. The NHS Greater Glasgow and Clyde Mental Health Improvement Team delivered a self-harm capacity building programme with staff from the University of Strathclyde in January and February 2024. This involved delivery of a What's the Harm (WTH) Self-harm awareness and skills one day training course, attended by 16 staff, followed by a WTH Training for Trainers 2 day course, completed by 10 staff. Below shares a summary of how the University have progressed this programme of work since completion of their Training for Trainers course.

Progress and Achievements

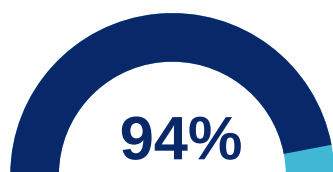
2024

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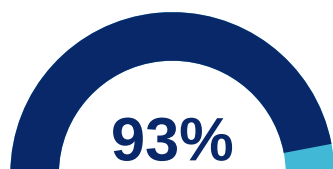
University staff from various departments completed What's the Harm self-harm awareness and skills training



32 staff completed an evaluation



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



Of respondents indicated they feel better equipped to understand the reasons behind self-harm and its functions

10

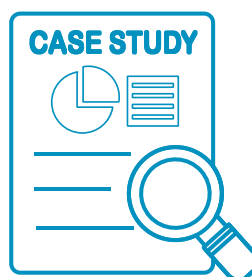
Self-harm trainers connected to the NHSGGC Self-harm Forum

2025



9

A 2025 training calendar providing 9 self-harm courses has been established



Introducing case studies to the training that reflect unique student experiences at the University



Target student population via delivery of 1.5 hour online self-harm session

For further information on the NHSGGC Mental Health Improvement Team self-harm capacity building work please email: ggc.mhead@nhs.scot