

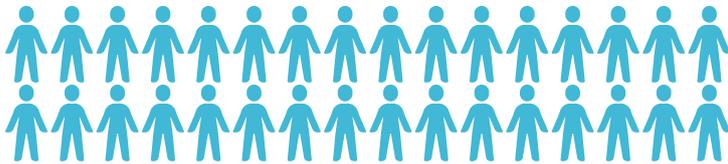
Scotland's Self-harm Strategy and Action plan (2023) aims for anyone affected by self-harm to receive compassionate support, without fear of stigma or discrimination. The strategy highlights the need to continue to expand and deepen self-harm knowledge, provision of core training and continuous professional 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

66

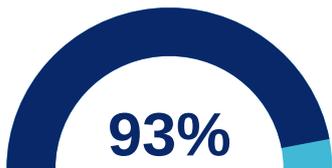
University staff from various departments completed What's the Harm self-harm awareness and skills training



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

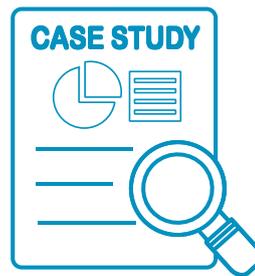
Self-harm trainers connected to the NHSGGC Self-harm Forum

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