

**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 (SH) knowledge, provision of core training and continuous professional development for key professional groups including schools and further education. The NHS Greater Glasgow and Clyde Health Improvement Team are working in partnership with several Further and Higher Education Institutions to increase awareness and understanding of self-harm through delivery of a capacity building programme. On 8th October 2024 An Introduction to Self-harm (1-hour) session was delivered to Glasgow Caledonian University staff.

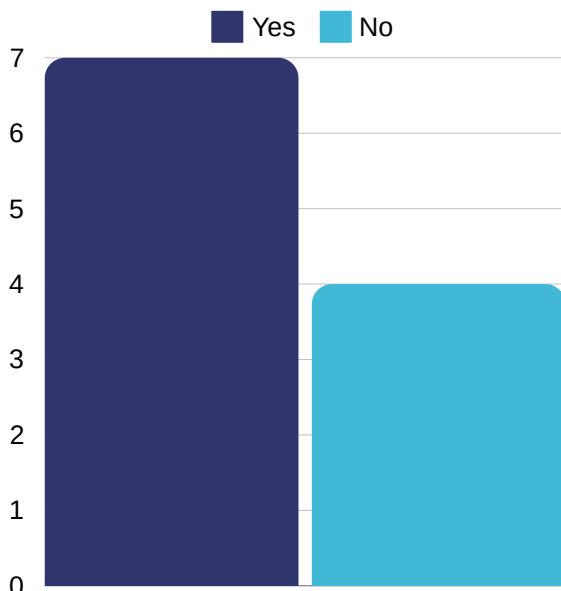
## Participants



15 staff from the Students' Association Advice Centre, Student Wellbeing and the People Services (Human Resources) team attended the session, 11 completed an evaluation.

## Learning

Did you learn anything new?



*"This learning has given me a basic understanding of types of self harm, reasons for self harm and will help me to recognise and appropriately respond to self harm in both a professional and personal context."*

*"Highly valuable session. It broadened my understanding of self-harm and informed the way I approach the issue generally and if I discuss this with others. The slides and resources will be really helpful in reminding myself of the learning from the session and in sharing this knowledge with others."*

*"Very worthwhile session that I would recommend to others to give an better understanding of self-harm".*

*"It was very informative in a limited time."*

*"Presenters approached the issue with such calmness and understanding - really helped to deal with a potentially stressful issue in a calm and measured way."*

*"Lots of resources and further learning opportunities mentioned that I will tap into"*

*"This isn't anything to do with the content of the session or the trainers, it's more so my knowledge already - the course was a useful refresher, but I think I would benefit from something more in depth!"*

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