

# Increasing Self Harm Awareness across NHS Greater Glasgow and Clyde During COVID-19



## The Problem



COVID-19 has resulted in the suspension of face to face training including the Greater Glasgow and Clyde What's the Harm (WTH): Self Harm Awareness and Skills one day training course. In recognition of increasing stress levels as a result of the pandemic and the demand for information and access to resources, this prompted the NHSGGC Self Harm Forum to explore alternative ways in which this demand could be met whilst face to face training is on hold.

## The Solution

- Development of a 1 hour online self harm awareness taster session
- Pilot a number of sessions
- Target colleagues and partners who have not completed What's the Harm Training
- Evaluate pilot



## The Results



**104**

Participants attended a self harm awareness session

**37**

Participants completed online evaluations

**34**

Participants reported they learned something new

"This 1 hour taster session was very informative and gave a great overview of self harm; causes, types"

## Next Steps

- Consider including taster session as part of a wider self harm training pathway
- Consideration of webinars/recorded information sessions to increase reach and accessibility

