

Self-Harm Resources and Supports



Context

This resource is for those wishing to increase their knowledge and understanding of self-harm that is non-life threatening and used as a coping strategy. Self-harm is when someone hurts themselves as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences.

The information is targeted at the Informed and Skilled levels as set out in the **NES Mental Health Improvement and Suicide Prevention Framework**. It brings together a range of information for staff providing support and advice to people who may be self-harming relating to:



Learning Opportunities



NHS Education for Scotland

Supporting People at risk of self-harm: a learning byte designed to support staff to develop their knowledge and practice at the Skilled Level. It is recommended that Informed Level Resources are completed before accessing the Skilled Level.



NHS Education for Scotland National Trauma Training

A range of online trauma related learning resources openly available to support all members of the Scottish workforce.

Minded Hub: provides a range of self harm e-learning opportunities. It is aimed at anyone from beginner through to specialist.

Click on links to access

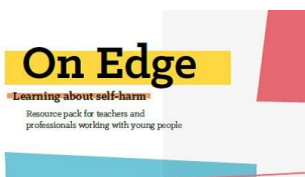
NHSGGC Mental Health Improvement Team: have collated a range of free e learning opportunities across the life course.

Useful Resources, Apps and Websites



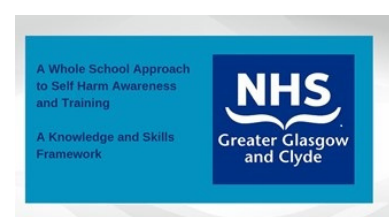
Life Signs: has a number of useful factsheets that you can download for free.

NHS Inform: information on self-harm including signs, causes and treatment.



On Edge Learning About Self-Harm: a resource pack for teachers and other practitioners working with young people.

A whole school approach to self-harm awareness and training: supports schools and youth organisations to consider how they may implement a whole organisation approach to self-harm awareness and training.



Self Injury UK: information and resources on self-harm and provides phone, text, email and WebChat support.

Click on images to access

Useful Resources, Apps and Websites



- **CALM HARM**: a free APP that helps you manage or resist the urge to self-harm.
- **Healthy Minds Pocket Guide**: details mental health supports in each of the 6 HSCP's, and helpful tips for looking after your mental health. Copies can be downloaded and ordered from **PHRD**.



- **Hidden Pain**: self injury and people with learning disabilities.
- **Parents and Carers**: self-harm information for parents and carers produced by Glasgow Psychological Services.



- **PSYCHE**: how to support someone who is self-harming.
- **Self-Harm and Autism**: information and guidance to help autistic individuals using self-harm.
- **Self-Heal**: a free App to help with the management of self-harm. Includes distraction task suggestions, useful contacts and information on self-harm.

Click on links to access



Helplines

Breathing Space: for people experiencing low mood, depression or anxiety. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am. Call free **0800 83 85 87**.

Calm (Campaign Against Living Miserably): provide free phone and WebChat support 5pm - Midnight daily: Call free **0800 58 58 58**, website has information on a range of mental health topics.

Childline: is open 24 hours a day, 7 days a week. Call fee **0800 1111**.

NHS LIVING LIFE : A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Call **0800 328 9655** Mon-Fri 1pm -9pm.

PAPYRUS HOPELINE UK: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm.

Samaritans: A free and confidential support to anyone, any age. Call free anytime **116 123**.

Self Injury UK Helpline: for women of any age or background affected by self-injury, whether their own or that of a friend or family member. Call **0808 800 8088**, open Tuesday, Wednesday and Thursday, 7pm – 9.30pm.

Young Minds: provides information on coping with self-harm and suicidal feelings. Crisis Text service also available 24/7 **Text YM to 85258** and a Parents Helpline: **0808 802 5544** Mon – Fri 9.30am – 4pm.

Keeping Safe

REMEMBER if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their doctor should be the first point of contact or contact **NHS 24** on **111**. If you feel the individual is in immediate danger please call **999**.