

On Edge Learning About Self Harm: updated August 2019

Section	Brief summary of changes/edits	Updated information
Background & Policy Context	Updated information to reflect current policy landscape.	Appendix 1: Policy context to illustrate On Edge links to some of the key health, education and youth work policy drivers
	Updated statistics to reflect current self harm trends.	It's almost impossible to say how many young people are self-harming. Stigma, discrimination and fear of being judged can stop children and young people from disclosing their self harm, making it difficult to keep records or have an accurate idea of scale. Suicide attempts and non-suicidal self-harm: national prevalence study of young adults, Connor et al, British Journal of Psychiatry, 2018 suggested that 1 in 6 young people engaged in non –suicidal self harm.
	Updated link to access Positive Mental Attitudes (PMA) resource pack.	PMA can be accessed and downloaded free from Mindreel: https://mindreel.org.uk/video/positive-mental-attitudes-%e2%80%93schools-curriculum-pack
	Updated information on age appropriateness of resource.	On Edge can be used with pupils from upper primary onwards.
Lesson 1(Activity 4: Definition)	Definition highlighted still relevant. Visit Heads Up and NHS inform websites for further information on definition, causes and where to get help for self harm.	Heads Up: http://headsup.scot/mental-health-conditions/suicide-self-harm/ NHS Inform: https://www.nhsinform.scot/illnesses-and-conditions/mental-health/self-harm
Additional teaching supports	Updated information on resources available to support child and youth mental health mental health and wellbeing.	Appendix 2: A range of resources to support mental health and wellbeing across establishments. These include: <ul style="list-style-type: none"> • Resource packs • Guidance • Digital • Resources • Capacity Building • Staff health and wellbeing This is not an exhaustive list of resources.
On Edge Contacts	Updated contact information for all On Edge queries.	If you have any questions about On Edge, these should go directly to Heather.Sloan@ggc.scot.nhs.uk or michelle.guthrie@ggc.scot.nhs.uk at NHS Greater Glasgow and Clyde Mental Health Improvement Team Commonwealth House 32 Albion Street Glasgow G1 1LH