

Self Harm Resources and Supports during COVID-19

Introduction

In the absence of in person training and meeting opportunities the Greater Glasgow and Clyde Self Harm Forum has pulled together a range of information for staff providing support and advice to people who may be self harming. This update gathers in one place information relating to:

- learning
- useful resources & websites
- helplines
- keeping safe

Learning Opportunities

Due to ongoing COVID–19 restrictions, most face to face training has been suspended until further notice including What’s the Harm?: Self-Harm Awareness & Skills Training. Until delivery is resumed it is recommended that anyone wishing to increase their knowledge and understanding in this area access the following e-learning opportunities:

Understanding Self Harm: An introductory [module](#) for people who have no previous training in this area.

NES COVID-19 Psychological First Aid: a [module](#) for anyone delivering health or social care throughout the COVID-19 pandemic.

NES (NHS Education for Scotland): a range of trauma related learning resources [Trauma – national trauma training programme | NHS Education](#)

NHSGGC Mental Health Improvement Team: have pulled together a range of free [e-learning opportunities](#) across the life course.

Useful Resources and Websites

Heads Up: has information on [self harm](#) and includes advice and tips on ways on how people can cope and get help.

Life Signs: has a number of useful [factsheets](#) that you can download for free.

Self Injury UK: has information and resources on self harm and provides phone, text, email and WebChat support [Self Injury Support](#)

On Edge Learning About Self Harm: [a resource pack](#) for teachers and other practitioners working with young people. It comprises four lesson plans designed to give pupils a rounded view of self-harm and the support available.

A whole school approach to self harm awareness and training: has been structured to reflect national training frameworks. It has been developed to support schools to consider how they may implement a [whole school approach](#) to self harm awareness and training.

Healthy Minds Pocket Guide: provides details for a [mental health support organisation](#) in each of the 6 Health and Social Care Partnerships; Glasgow City, Renfrewshire, Inverclyde, East Renfrewshire, East Dunbartonshire and West Dunbartonshire. It also provides helpful tips for looking after your mental health and wellbeing and who to contact if you feel someone is in distress. Copies of these can be order free from the NHS GGC [Public Health Resource Directory](#).

Glasgow Psychological Services: self harm awareness [information](#) for parents and carers.

Helplines

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

The Pandas Foundation: Free helpline, **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.

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

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

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

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

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. If you feel the individual is in immediate danger **please call 999**.

Glasgow Association for Mental Health: provide a Compassionate Distress Response Service (CDRS) - Care, Listen, Connect. This is an Out of Hours service provided for Glasgow City HSCP to support adults within Glasgow City experiencing emotional distress. Information about the new service can be found via this link: [Glasgow Association for Mental Health | Promoting the health and wellbeing of people and their communities](#)