

# Self Harm Resources and Supports



## Current Picture

As Covid-19 restrictions begin to lift, we will start to see some return to face to face training. The NHSGGC Self Harm Forum are currently discussing plans to resume a co-ordinated approach to the delivery of What's the Harm, Self-Harm Awareness & Skills training. In the meantime the Forum have updated their self harm resources and supports document. It is recommended that anyone wishing to increase their knowledge and understanding in this area, use this update. It brings together a range of information for staff providing support and advice to people who may be self harming and gathers information relating to:



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

## 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

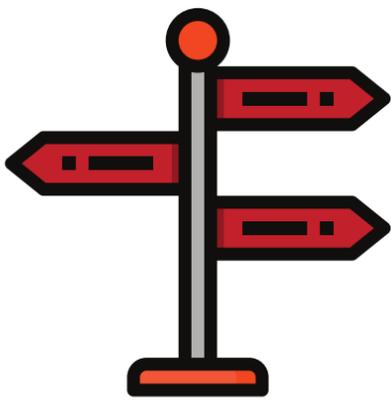
- **Heads Up**: has information on self harm and includes advice and tips on ways on how people can cope and get help.
- **Life Signs**: has a number of useful factsheets that you can download for free.
- **On Edge Learning About Self Harm**: a resource pack for teachers and other practitioners working with young people.
- **Self Injury UK**: has information and resources on self harm and provides phone, text, email and WebChat support.



# Useful Resources and Websites



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



- **Glasgow Psychological Services**: self harm awareness information for parents and carers

- **Healthy Minds Pocket Guide**: details of a mental health support in each of the 6 HSCP's, helpful tips for looking after your mental health and wellbeing and who to contact if you feel someone is in distress. Copies can be ordered free from the Public Health Resource Directory.



- **Hidden Pain**: Self Injury and People with Learning Disabilities

- **Self Harm and Autism**: information and guidance to help autistic individuals using self harm.

## Helplines



**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.

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

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

**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.



## 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. 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.](#)**