



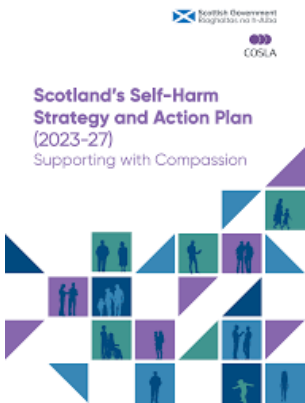
HEALTHIER MINDS



Self-Harm Framework: Building Capacity in East Renfrewshire Staff to Support Young People who Self-Harm

[Scotland's self-harm strategy and action plan \(2023-2027\)](#) aims for anyone affected by self-harm to receive compassionate support, without fear of stigma or discrimination. The strategy highlights the need to continue to expand and deepen self-harm knowledge, provision of core training and continuous professional development for key professional groups including schools.

All East Renfrewshire staff will have access to mental health and self-harm training as part of the Self-Harm Framework. Implemented across 4 levels, staff members can decide what level of training is most appropriate for them depending on the nature of their work.



Level 1 – For All Staff

NHS NES Mental Health Improvement, and prevention of self-harm and suicide –

Informed Level Resources

All staff members are invited to complete level one training which consists of self-led online modules. These modules will build understanding and knowledge of mental health, and the basic skills and confidence to support a child, young person or adult. For access to the modules, you will be asked to register for a free Turas account.

For level 1 training practitioners are invited to access learning resources at the informed level.

This Sway provides additional information on the NHS NES Knowledge and Skills Framework:

<https://sway.office.com/1Ch6b2LC67JU2il?ref=Link%C2%A0>

For information about the whole framework and links to informed level resources:

<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

Direct link to the informed level resources:

<https://learn.nes.nhs.scot/33734/mental-health-improvement-and-prevention-of-self-harm-and-suicide/informed-level-resources>

Additional Level 1 Training Options (optional)

Self-Harm Network Scotland delivers 1-hour free online Self-Harm Awareness Sessions.

This 1-hour session is for anyone in Scotland who is interested in learning more about self-harm. This includes professionals, parent's, carers and loved ones. It is delivered in a webinar/seminar style with a presentation and time at the end for questions.

Topics Covered:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Functions of self-harm
- Starting the conversation about self-harm
- Resources and support available

[Sign up here](#)

Level 2 – For staff who support children and young people directly and on a regular basis

East Renfrewshire Healthier Minds Self-Harm One Day Training

East Renfrewshire now has its own 1 day Self-Harm Training session. This in-depth and interactive session is available to all East Renfrewshire employees but particularly those who are likely to directly support children and young people with concerns relating to their mental health and self-harm.

Prior to the one day training courses, delegates are required to complete level 1 training as detailed above.

Course Aims:

- Understand self-harm
- Have an awareness of some of the reasons why young people self-harm
- Understand the misconceptions of self-harm
- Identify some of the risk and protective factors associated with self-harm
- Consider compassionate and non-judgmental approaches
- Practice skills which help you to confidently respond to, and talk about, self-harm
- Understand the needs of those in a supporting role
- Identify organisational considerations and processes for responding to incidents of self-harm
- Practice self-care

[One-Day Self-Harm Training Sign up](#)

Additional Level 2 Training Options (optional)

Self-Harm Network Scotland delivers 3-hour free online Self-Harm Awareness Sessions.

These 3 hour sessions will dive deep into the underlying reasons for self-harm and give information, tools and resources that can be used to support people who self-harm. These are engaging training sessions with the opportunity for group discussion activities, allowing a deeper understanding of self-harm.

These sessions will cover topics including:

- Underlying causes of self-harm
- Functions of self-harm
- Practical guidance in supporting people who self-harm

[Sign up here](#)

Level 3 – For staff who have completed the East Renfrewshire Healthier Minds Self-Harm One Day Training and support children and young people directly and on a regular basis

NHS NES Mental Health Improvement, and prevention of self-harm and suicide – Skilled Level Resources

This resource is a series of 5 short learning bytes designed to support staff to develop their skills, knowledge and practice covering promoting mental health and tackling inequalities, supporting people in distress, supporting people at risk of suicide and self-harm and supporting recovery and quality of life.

While practitioners are encouraged to complete all learning bytes, **learning byte 4 is particularly relevant for this self-harm framework**. These learning bytes can be completed individually, however, we encourage practitioners to complete these resources as a staff team in order to benefit from the learning and experiences of others, to consider the specific contexts in which your team operate and to plan together.

We recommend completing learning byte 4: supporting people at risk of self-harm, **6-12 weeks** after completing the one day self-harm training in order to consolidate and develop learning.

For information about the whole framework and links to skilled level resources:

<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

Direct link to the skilled level resources:

<https://learn.nes.nhs.scot/33738/mental-health-improvement-and-prevention-of-self-harm-and-suicide/skilled-level-resources>

Direct link to learning byte 4: supporting people at risk of self-harm

<https://learn.nes.nhs.scot/39315>

Level 4 – For staff who directly and regularly support children and young people and are likely to support children and young people who are at risk of self-harming or who are self-harming

Series of online workshops covering a variety of topics related to self-harm. [All delegates must have completed levels 1-3 prior to](#)

Topics covered:

Talking to parents about self-harm

attending as a knowledge of mental health and self-harm is required.

- Self-harm and additional support needs
- Supporting younger children who self-harm
- Peer support and coaching