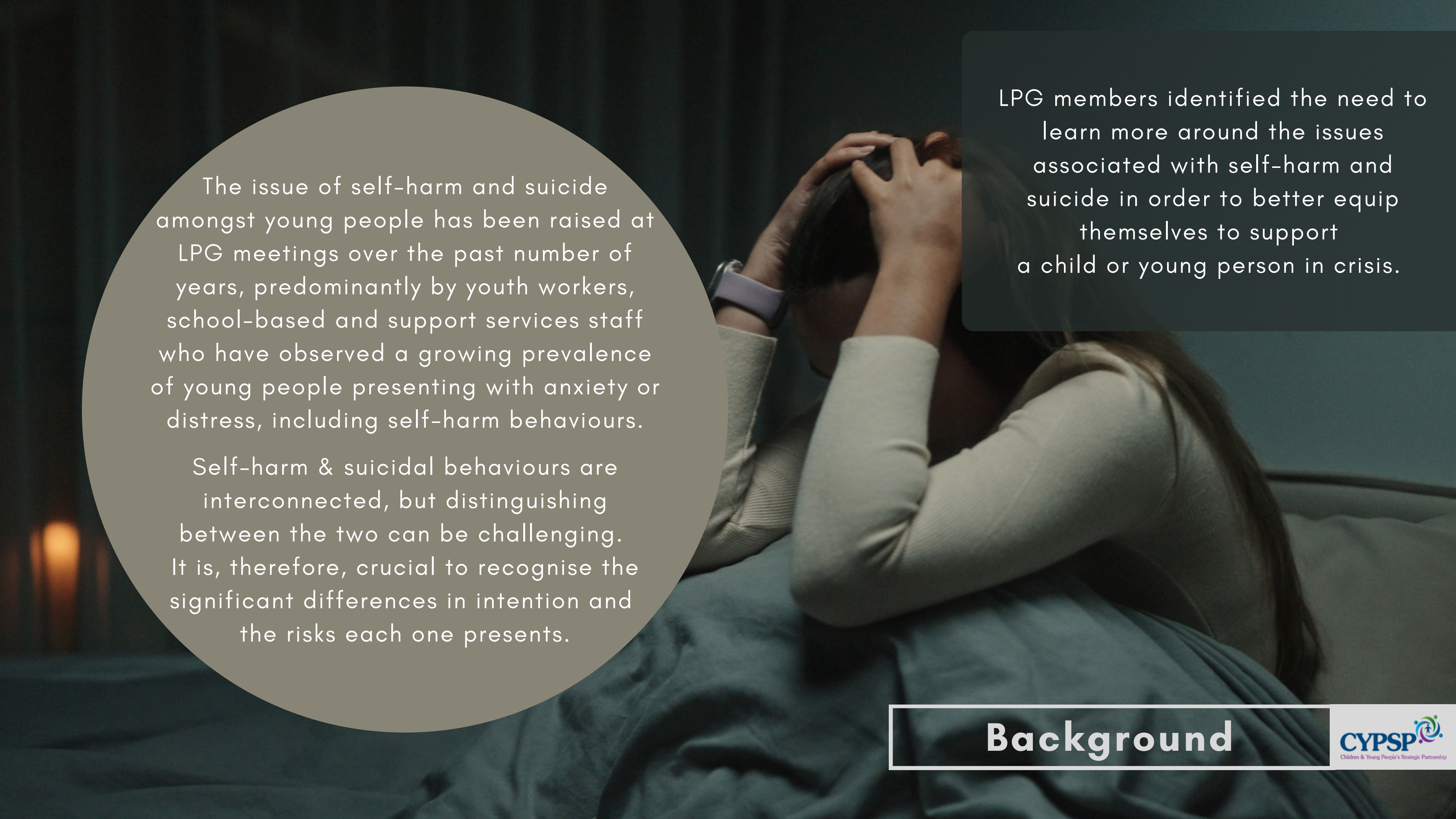


**Report Card 26.1**

# **UNDERSTANDING SELF-HARM WORKSHOP**



**21st January 2026**




The issue of self-harm and suicide amongst young people has been raised at LPG meetings over the past number of years, predominantly by youth workers, school-based and support services staff who have observed a growing prevalence of young people presenting with anxiety or distress, including self-harm behaviours.

Self-harm & suicidal behaviours are interconnected, but distinguishing between the two can be challenging. It is, therefore, crucial to recognise the significant differences in intention and the risks each one presents.

LPG members identified the need to learn more around the issues associated with self-harm and suicide in order to better equip themselves to support a child or young person in crisis.

**Background**

A young man with short brown hair, wearing a blue and white striped shirt, is shown in profile, looking out a window. The background is a bright, slightly blurred view of a city or landscape. A large, dark grey circular graphic is overlaid on the left side of the image, containing white text.

Inspire's SHIP (Self-Harm Intervention Programme) PHA-funded Community Workshop addresses both self-harm and suicide and is designed for staff / volunteers, family members, caregivers, or anyone supporting young people (11-17 years) or adults affected or at risk.

The workshop provides a safe and supportive environment to learn how to recognise the signs, respond with compassion, and connect individuals, if appropriate, to Inspire's SHIP or to other relevant support services.

**Background**

## How much did we do?



The Southern Area Locality Development Team worked with Inspire to hold an Understanding Self-Harm Awareness Session open to LPG members and other contacts.

Inspire delivered the sessions and the LPG Team advertised and recruited attendees for the workshop.



**2 Hour Workshop on 21<sup>st</sup> January 2026**



**Session delivered in-person**



**Training FREE to participants**

### **AIMS OF SESSION**

Define Self-Harm and explore the motivations behind it

Understand risk factors, dispel myths and discuss self-harm and suicide safely

Learn to recognise the signs of distress and how to offer support

Equip ourselves with tools to assist someone in crisis

Explore Harm Minimisation and Safety Plans

Gain an understanding of the SHIP Service and referral pathways

19

No. of Practitioners Attended  
(95% of Available Spaces)

12

No. of Different Organisations/Services  
Represented

Not Disclosed

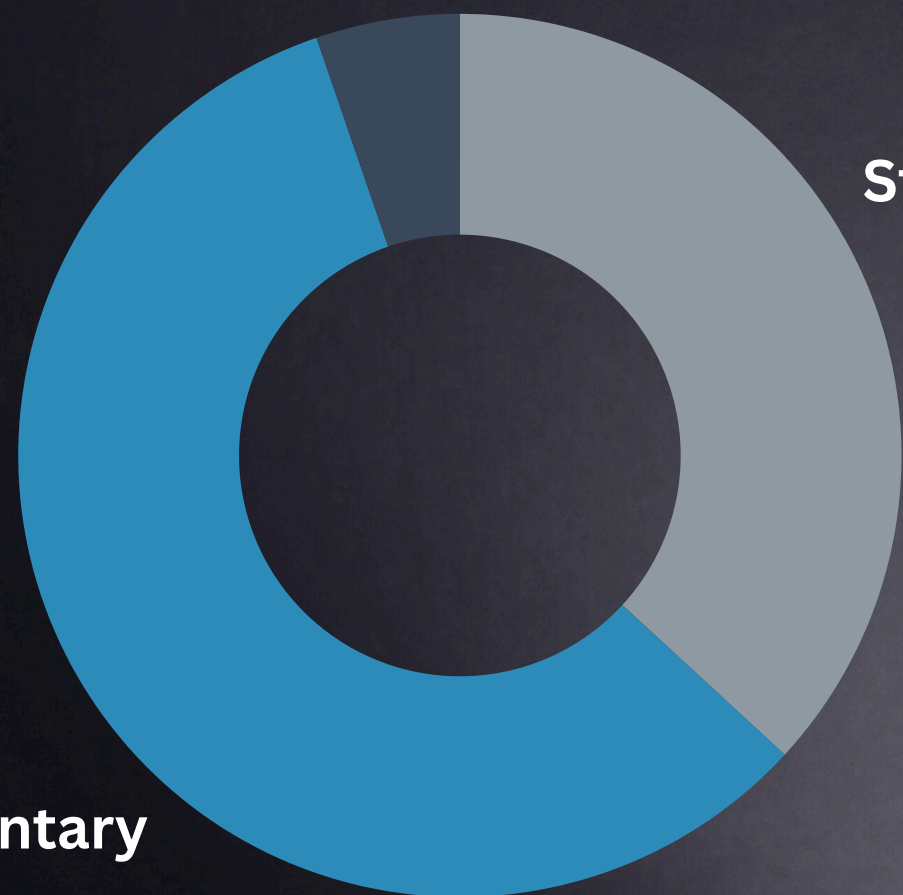
1

Statutory

7

Community/Voluntary

11



### ORGANISATIONS/SERVICES INCLUDED:



How well did we do it?

# How well did we do it?

## **OCCUPATIONS INCLUDED:**

**Education Welfare Officer**

**Clinical Lead Immunisations**

**Emotional Health & Wellbeing Practitioner**

**Senior Mental Health Practitioner**

**Locality Development Officer**

**Floating Housing Support Officer**

**Job Coach**

**Pastoral Care Manager**

**Youth Organisation Assistant Director**

**Training & Community Development Officer**

**Housing Support Officer**

**Community Wellbeing Support Officer**

**Young Women's Worker**

**Pastoral Care Officer**

**Locality Programme Support Officer**

**Community Volunteer**

# How well did we do it?

How would you rate the training course in relation to each of the following?

( ★ = Excellent / ☆ = Good )



**100%**

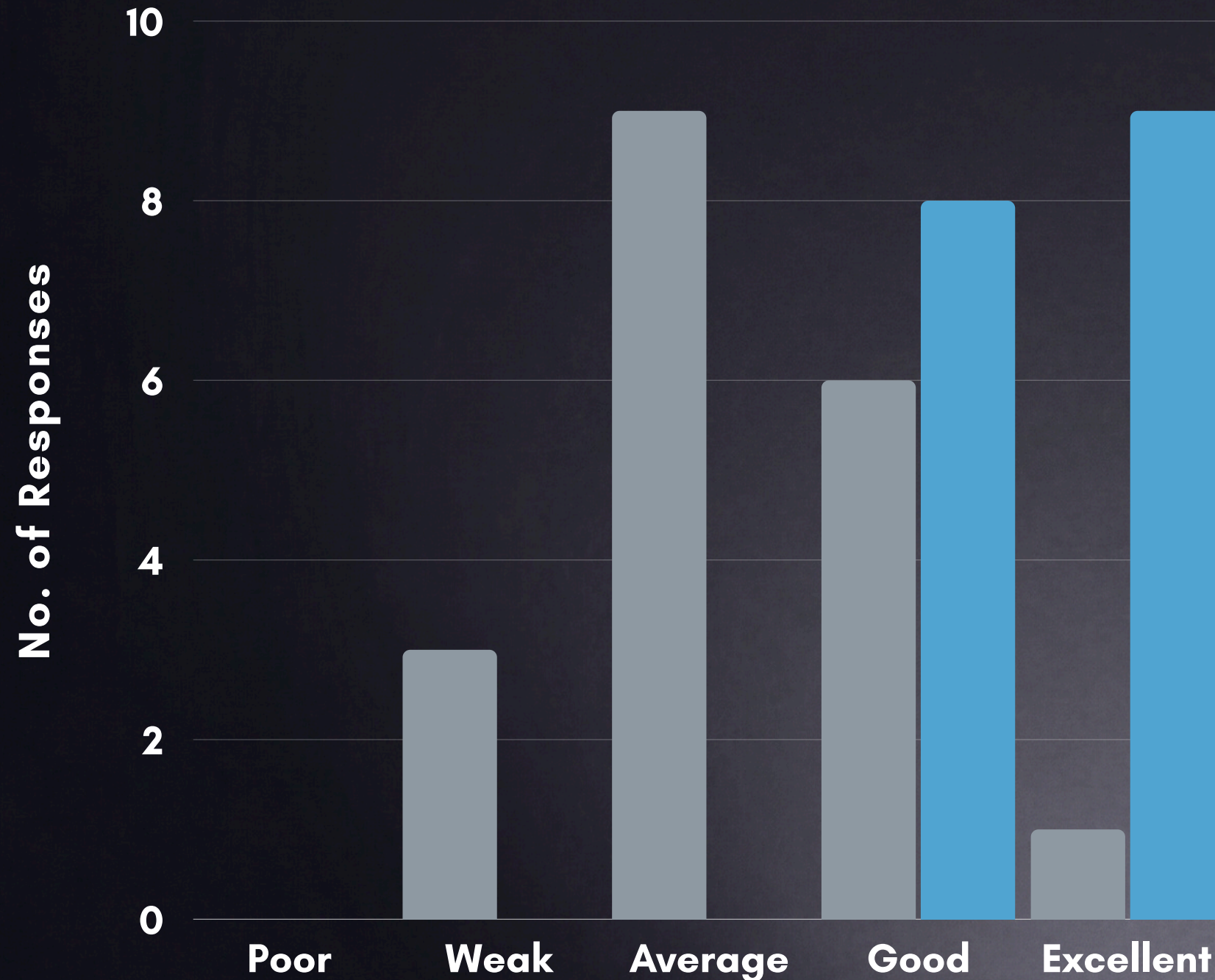
of participants rated the **Content, Delivery, Materials** and the **Overall Session** as 'Good' or 'Excellent'

*2 participants didn't complete this section of the evaluation*

# What changed as a result?

How would you rate your level of knowledge in relation to the subject of the course **BEFORE** & **AFTER** the training?

(1 represents 'Poor' and 5 represents 'Excellent')



**BEFORE** the session:

**7 (37%)** rated their knowledge of the topic as **Good/Excellent**

**12 (63%)** rated their knowledge of the topic as **Poor/Weak**

**AFTER** the session:

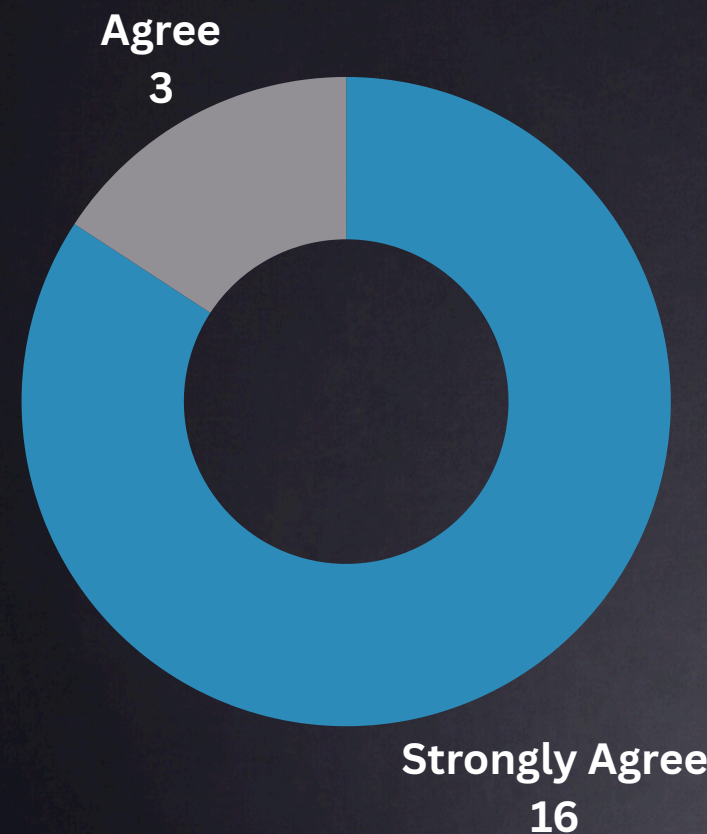
**18 (100%)** rated their knowledge of the topic as **Good/Excellent**

**No-one** rated their knowledge of the topic as **Poor/Weak**

*All 19 participants completed the 'Before' section of the evaluation, but only 18 completed the 'After' section of the evaluation*

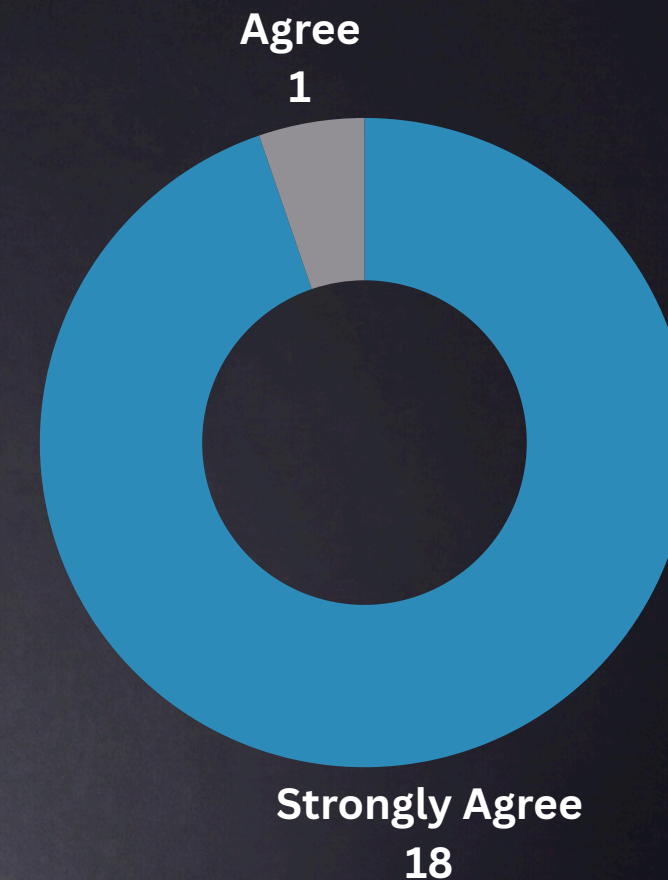
# What changed as a result?

I thought the speaker was knowledgeable about the topic



**19 (100%)** of participants Agreed / Strongly Agreed the speakers were knowledgeable about the topic  
**16 (84%)** Strongly Agreed

I thought the speaker was engaging and encouraged interaction

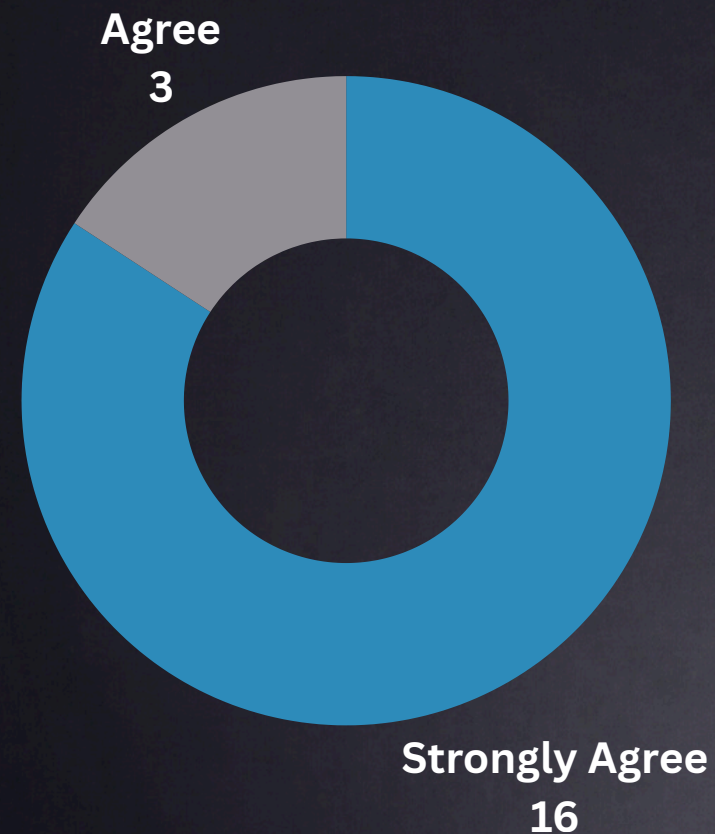


**19 (100%)** of participants Agreed / Strongly Agreed the speakers were engaging and encouraged interaction  
**18 (95%)** Strongly Agreed

*All 19 participants completed this section of the evaluation*

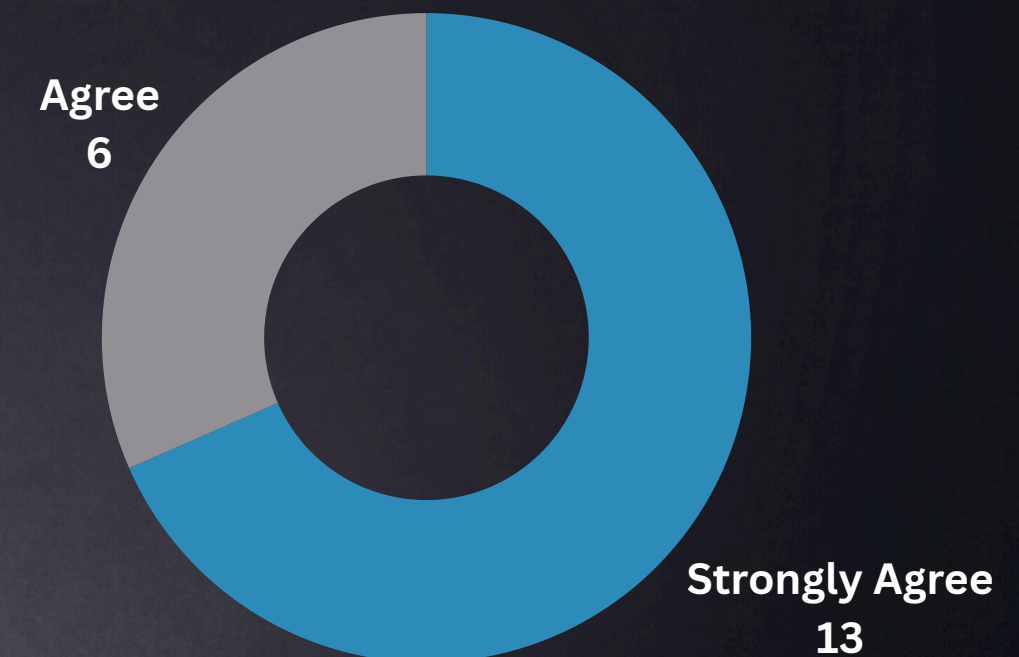
# What changed as a result?

I feel I have improved understanding of the topic



**19 (100%) of participants Agreed / Strongly Agreed they have improved understanding of this topic**  
**16 (84%) Strongly Agreed**

I feel I have increased skills in this topic

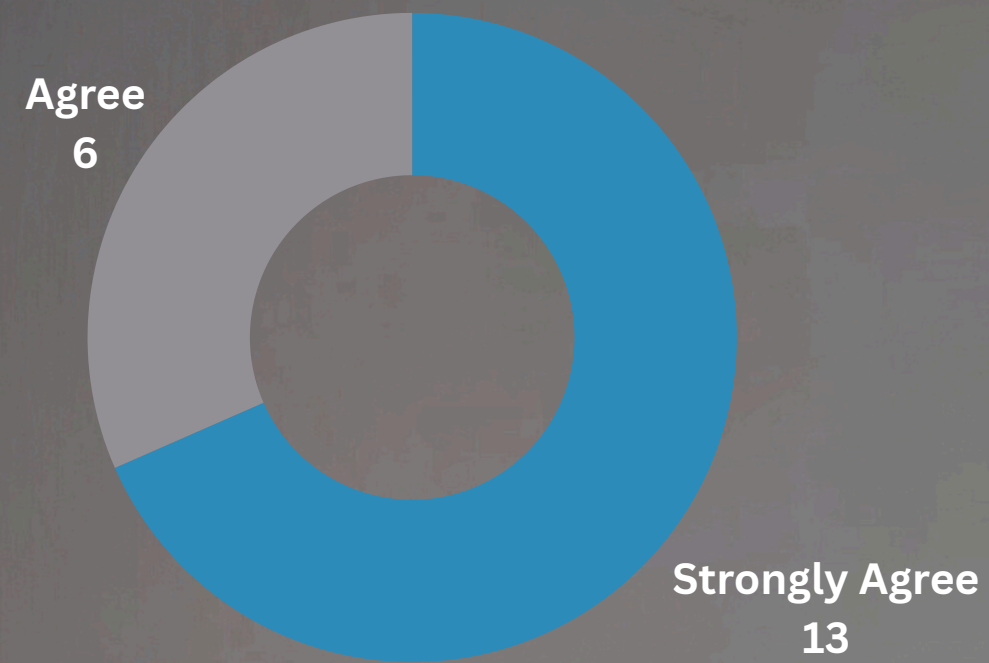


**19 (100%) of participants Agreed / Strongly Agreed they have increased skills in this topic**  
**13 (68%) Strongly Agreed**

*All 19 participants completed this section of the evaluation*

# What changed as a result?

I feel I have increased confidence to discuss this topic



**19 (100%)** of participants Strongly Agreed / Agreed they have increased confidence to discuss this topic

**13 (68%)** Strongly Agreed



*All 19 participants completed this section of the evaluation*

## What changed as a result?



## Which parts of the session were most useful?

**"Understanding how best to help someone who is self-harming and who to sign-post them to."**

**"Resources 'what to do' and other experiences / thoughts."**

**"I enjoyed it all. Very informative and well presented. Ways to support & signposting info very useful."**

**"Group discussions and insights which I had not considered."**

**"Open discussions - reaffirming confidence in this area."**

**"Break out into groups - Peer learning."**

## What changed as a result?



Do you feel the outcomes of the session were met?\*



100%

**of participants felt the outcomes of the session had been 'Partially Met' / 'Fully Met' (95% felt the outcomes of the session had been 'Fully Met')**

### AIMS OF SESSION

- Define Self-Harm and explore the motivations behind it
- Understand risk factors, dispel myths and discuss self-harm and suicide safely
- Learn to recognise the signs of distress and how to offer support
- Equip ourselves with tools to assist someone in crisis
- Explore Harm Minimisation and Safety Plans
- Gain an understanding of the SHIP Service and referral pathways

*All 19 participants completed this section of the evaluation*

## What changed as a result?



Was anything NOT covered that you feel would have been helpful?

"Nothing, but a bit longer as there is still lots of information."

"Can use information to inform practice."

"If there are waiting lists, support while waiting for services."

## What changed as a result?



## What changes might you make as a result of attending this session?

**"Allow more time for students – carve out more sessions, slow down, and begin to suggest the technique of 'delaying' self-harm."**

**"Feel more confident in raising awareness of self-harm and related supports."**

**"Will be able to talk to my service user about this topic."**

**"Better understanding of self-harm, why people do it, and looking beyond the tip of the iceberg."**

**"Bring to schools/teachers; build staff confidence and safety."**

**"Not be as judgemental."**

## What changed as a result?



**Do you have any other  
comments or feedback  
on the session?**

**"It was fabulous.  
Trainer Lisa is wonderful and  
extremely informative."**

**"Keen to continue learning on  
other courses (e.g., MHFA)."**

**"Excellent delivery  
and great group  
discussions."**

**Thank You**

# **UNDERSTANDING SELF-HARM WORKSHOP**

**Thanks to Inspire,  
who delivered the  
training!**

