

Resources for School Staff

The websites below offer information and resources about self-harm for schools and school staff. If you have any questions, please speak to the person who provided you with this document.

Charlie Waller Trust

Developed by researchers at the University of Oxford, these guides include information on the nature and causes of self-harm and how to support a young person for school staff.

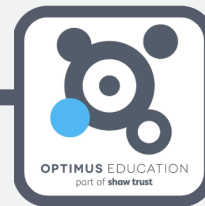
www.charliewaller.org



Optimus Education

Optimus Education provide 'Understanding and managing self-harm' resources for schools. They also provide CPD courses, teaching resources, expert led conferences.

www.my.optimus-education.com



Anna Freud Mentally Healthy Schools

A free website for UK primary and secondary schools and further education settings, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing.

www.mentallyhealthyschools.org.uk



Papyrus

A UK charity dedicated to the prevention of suicide and promotion of positive mental health and emotional wellbeing in young people. They provide a downloadable resource for building safer schools and colleges.

www.papyrus-uk.org

