



Clare Haughey MSP

Convener
Health, Social Care and Sport Committee

31 October 2024

Dear Convener,

PUBLICATION OF SCOTLAND'S SELF-HARM STRATEGY OUTCOMES FRAMEWORK

I am writing to let you know that the Scottish Government and COSLA will today publish an updated Self-Harm Outcomes Framework, to underpin and evaluate the Self-Harm Strategy and Action Plan, which published in November 2023. You will recall this strategy and action plan is jointly owned by Scottish Government and COSLA. It is now available via the [Scottish Government website](#).

This publication follows a draft [illustrative framework](#), which was published with the Self-Harm Strategy and Action Plan, with the explicit intention of finalising the framework in collaboration with key partners, including lived and living experience expertise, Public Health Scotland, key services that support people who self-harm, and data/evidence experts. We are therefore pleased to now publish this finalised version which has been designed to guide the delivery, monitoring, and reporting of the Self-Harm Strategy and Action Plan.

Our vision is for people who have self-harmed or are thinking of self-harm, to receive compassionate, recovery-focused support, without fear of stigma or discrimination. We developed these outcomes to convey the range and complexity of the work needed to achieve this vision, and to provide an illustrative set of measures by which we can assess progress. The strategy outlines our plans to review progress at the mid-point of the strategy (Spring 2025) and at the end of the strategy's duration (Winter 2026).

One aspect of our action plan where we are already seeing positive impacts is through Self-Harm Network Scotland, which was established as the Self-Harm Strategy and Action Plan was being developed. Through continued Scottish Government investment of £1.5 million, Self-Harm Network Scotland has been able to provide a range of excellent support services for anyone affected by self-harm across Scotland. The service provides peer and web-based support for anyone over 12 years, as well as a range of training options for loved ones and professionals who are concerned about another's self-harm. Early evaluation shows this service is already achieving significant reach and impact for people affected by self-harm. For

Tha Ministearan na h-Alba, an luchd-comhairleachaidh sònraichte agus an Rùnaire Maireannach fo chumhachan Achd Coiteachaidh (Alba) 2016. Faicibh www.lobbying.scot

Scottish Ministers, special advisers and the Permanent Secretary are covered by the terms of the Lobbying (Scotland) Act 2016. See www.lobbying.scot

Taigh Naomh Anndrais, Rathad Regent, Dùn Èideann EH1 3DG
St Andrew's House, Regent Road, Edinburgh EH1 3DG
www.gov.scot



INVESTORS
IN PEOPLE

Accredited
Until 2020



example, over the first quarter of 2024-25, the webpages have been viewed 17,000 times, and of the people who gave feedback following peer support, 95% said it had been helpful.

As we have highlighted previously, our work to support people who self-harm sits within our broader efforts to support our vision of a Scotland, free from stigma and inequality, where everyone fulfils their right to achieve the best mental health and wellbeing possible, through delivering the Mental Health and Wellbeing Delivery Plan. This ensures that we are taking all action we can to prevent the escalation of poor mental health, which includes increased risk of self-harm.

Furthermore, as we discuss in the Self-Harm Strategy, we recognise the importance of retaining close links with the vision and outcomes outlined in the Creating Hope Together Suicide Prevention Strategy. Whilst most people self-harm without any suicidal intent, evidence suggests that 63% of people who complete suicide will have a history of self-harm. Therefore, we are confident that our work to support people who self-harm can also contribute towards reducing suicide.

The alignment between the three strategies allows for a joined-up approach to monitoring and evaluation. Through this we aim to reduce duplication of reporting and provide a cohesive and consistent approach to delivery, with high levels of governance. Oversight of the strategy and progress towards delivering the outcomes and vision sits with the Scottish Government and COSLA's Mental Health and Wellbeing Leadership Board, who also oversee the delivery of the [Mental Health and Wellbeing Strategy](#) and Creating Hope Together.

Finally, I wish to highlight the supportive and constructive cross-party engagement that took place during the development of the Self-Harm Strategy. I look forward to keeping members of the Committee updated as we work to deliver improved outcomes for people affected by self-harm.

I hope this update is helpful. I'd be pleased to provide further updates, or respond to any specific questions the Committee may have.

Yours sincerely,



Maree Todd MSP

Copied to:

- Convenor - Criminal Justice Committee
- Convenor - Social Justice & Social Security Committee
- Convenor - Education Children and Young People Committee
- Convenor - Equalities, Human Rights and Civil Justice Committee
- Convenor - Local Government, Housing and Planning Committee
- Convenor - Rural Affairs, Islands and Natural Environment Committee

Tha Ministearan na h-Alba, an luchd-comhairleachaidh sònraichte agus an Rùnaire Maireannach fo chumhachan Achd Coiteachaidh (Alba) 2016. Faicibh www.lobbying.scot

Scottish Ministers, special advisers and the Permanent Secretary are covered by the terms of the Lobbying (Scotland) Act 2016. See www.lobbying.scot

Taigh Naomh Anndrais, Rathad Regent, Dùn Èideann EH1 3DG
St Andrew's House, Regent Road, Edinburgh EH1 3DG
www.gov.scot



INVESTORS
IN PEOPLE

Accredited
Until 2020

