

WHC/2023/11

WELSH HEALTH CIRCULAR



Llywodraeth Cymru
Welsh Government

Issue Date: April 2023

STATUS: INFORMATION

CATEGORY: PUBLIC HEALTH

Title: NICE Guidance on Self-harm: assessment, management and preventing recurrence

Date of Expiry / Review
April 2028

For Action by:
Chief Executives, LHBs
GP Surgeries

Action required by: N/A

Immediate

Sender:
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Enclosure(s): None

Dear Colleague

The purpose of this circular is to ensure that all GPs in Wales and all Local Health Boards in Wales are aware of and consider:

- The National Institute for Health and Care Excellence (NICE) guidance on [Overview | Self-harm: assessment, management and preventing recurrence | Guidance | NICE](#)

The guidance covers assessment, management and preventing recurrence for children, young people and adults who have self-harmed. It includes those with a mental health problem, neurodevelopment disorder or learning disability and applies to all sectors that work with people who have self-harmed.

The guidance includes recommendations on:

- Information and support
- Consent and confidentiality
- Safeguarding
- Involving family members and carers
- Psychosocial assessment and care by mental health professionals
- Risk assessment tools and scales
- Assessment and care by healthcare professionals and social care practitioners
- Assessment and care by professionals and from other sectors
- Admission to and discharge from hospital
- Initial aftercare after an episode of self-harm
- Interventions for self-harm
- Supporting people to be safe after self-harm
- Safer prescribing and dispensing
- Training and supervision

Yours sincerely

Dr Liz Davies

Dr Liz Davies
Senior Medical Officer