



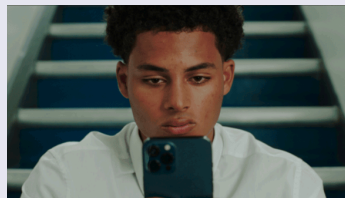
# Impact of Public Involvement in Research

## Involving young people and school staff to develop training for self-harm disclosures

### SORTS – SuppOrtive Response to Self-Harm

Self-harm among young people is a rising public health issue, especially among teenagers, and is strongly linked to future mental health challenges and suicide risk. Schools are well-placed to intervene early, but many staff lack the training and confidence to respond effectively. The SORTS study developed a free, evidence-based e-learning module and toolkit to address this gap, enhancing staff preparedness and promoting a whole-school approach.

Coproduction was central to the project, with young people, school staff, and mental health professionals shaping the content through advisory groups and continuous feedback. The training was shaped by public involvement and includes interactive modules, realistic video scenarios, and downloadable resources, all designed to improve communication, safeguarding, and support for both students and staff. Resources such as policy templates and printable guides for students and parents, further support a whole-school approach.



*Quote from feedback about impact of involvement / young person to go here.....*

*Public contributor*

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