

# Reducing harm from ligatures in mental health wards and wards for people with a learning disability



National Mental Health and Learning Disability Nurse Directors Forum

*Influencing and advancing care in mental health and learning disabilities*

This guidance was developed by [the Mental Health and Learning Disability Nurse Directors Forum](#) in collaboration with experts by experience and the Care Quality Commission.

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# [Overview: Reducing harm from ligatures in mental health wards and wards for people with a learning disability](#)

The 5 key factors that staff should look at to reduce harm from ligatures.

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## [The built environment: Reducing harm by ligature in practice](#)

The key themes that the Mental Health and Learning Disability Nurse Directors Forum has identified for ligature harm risk management in the built environment.

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## [Ligature point risk assessment template](#)

The Mental Health and Learning Disability Nurse Directors Forum's ligature point assessment template has been designed to support staff in identifying and recording ligature risk points, controls and actions required to mitigate risks associated with the built environment.

It has been developed with support from 40 different mental health and learning disability trusts, including private sector organisations, along with experts by experience and people who use services.

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## [Tiers and mitigating controls](#)

Guidance on levels or 'tiers' of risk and factors for mitigating controls for ligature point risks.

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