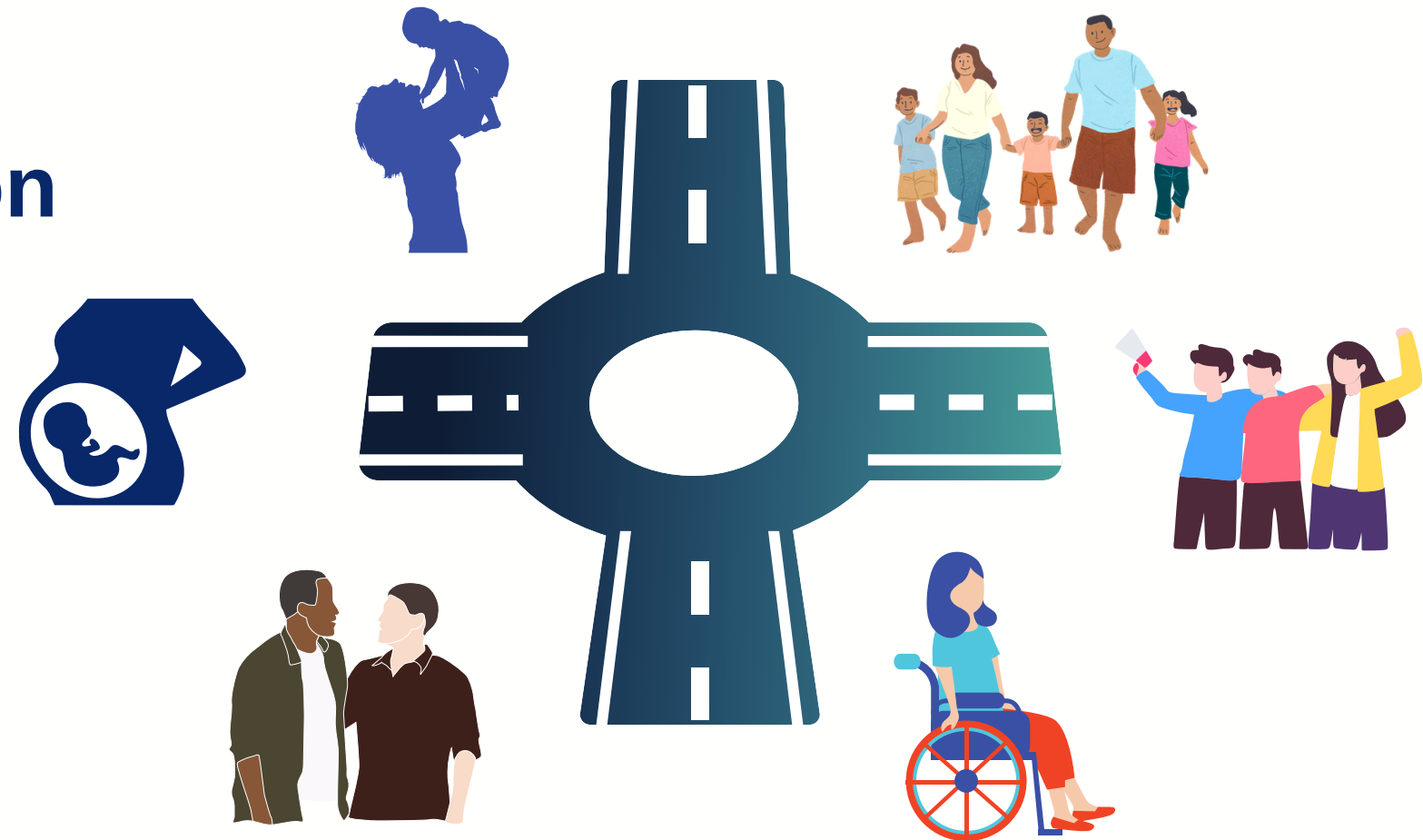


Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway



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Introduction

Scotland's 10-year Mental Health Strategy (2017-2027) puts a strong emphasis on the importance of training and building capacity across the public health workforce to promote positive mental health and wellbeing. It is important that the workforce feel confident and are equipped to have conversations about mental health and are able to provide support in situations of distress including self-harm and risk of suicide.

The NHS Education for Scotland Mental Health Improvement and Suicide Prevention Framework; Scotland's Knowledge and Skills Framework for Mental Health Improvement, Self-harm and Suicide Prevention is a tool to support development of knowledge and skills across all public services and beyond. The framework includes four domains that cover the promotion of good mental health, improving quality of life, tackling mental health inequalities, supporting people in distress or crisis, promoting resilience and recovery, preventing self-harm and suicide, and the knowledge and skills required across the four levels of practice: informed, skilled, enhanced and specialist.

The NHS Greater Glasgow and Clyde Mental Health Improvement Team have developed a Mental Health Training Pathway that has been structured to reflect Scotland's Knowledge and Skills Framework for Mental Health Improvement, Self-harm and Suicide Prevention.

The pathway is a tool to encourage anyone with an interest in mental health improvement to progressively build their knowledge and skills relevant to their role and responsibilities in the area of mental health. The resource is **not** a training calendar but rather a reference and guidance document to help individuals, teams and organisations explore potential training opportunities that are available, and whilst not exhaustive it can support navigation through the relevant and appropriate levels according to roles.

*Please note that to access some learning opportunities in the training pathway you will need to register with TURAS Learn but anyone with an email address, no matter what their location or role is, can register free of charge. To register go to <https://learn.nes.nhs.scot/>

Visit the NHS Greater Glasgow and Clyde [Mental Health Improvement Team website](#) to access a range of free downloadable resources and information.



Click on the images above to find out more about the Mental Health Strategy and the NES Knowledge and Skills Framework for Mental Health Improvement and the Prevention of Self-harm and suicide.

Frequently Asked Questions

We've put together some commonly asked questions to give you more information about the training pathway. If you have a question that you can't find an answer to please contact ggc.mhead@nhs.scot

1. Who is the the training pathway for ?

This pathway is of relevance to health and social care staff, the wider public health workforce and any workplace, workforce or community across Greater Glasgow and Clyde who have the opportunity and ability to positively impact on their own and others' mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.

2. What do the levels mean?

The levels are concerned with peoples' roles and responsibilities in relation to mental health improvement and the prevention of self-harm or suicide and defines the knowledge and skills they require, which will vary greatly across organisations and sectors.

3. What levels are included in the training pathway?

The pathway takes a prevention and early intervention approach and only includes learning and training opportunities that sit within the Informed and Skilled Levels.

4. How do I/we use the pathway?

The pathway provides guidance which can be adapted to suit local contexts and circumstances. It is intended to support those using it to fully understand the values base, knowledge and skills expected of them to fulfil their responsibilities and to identify and action any learning needs in relation to mental health improvement and the prevention of self-harm or suicide. It can be used by individuals, teams, managers/supervisors, organisations, and education and training providers.

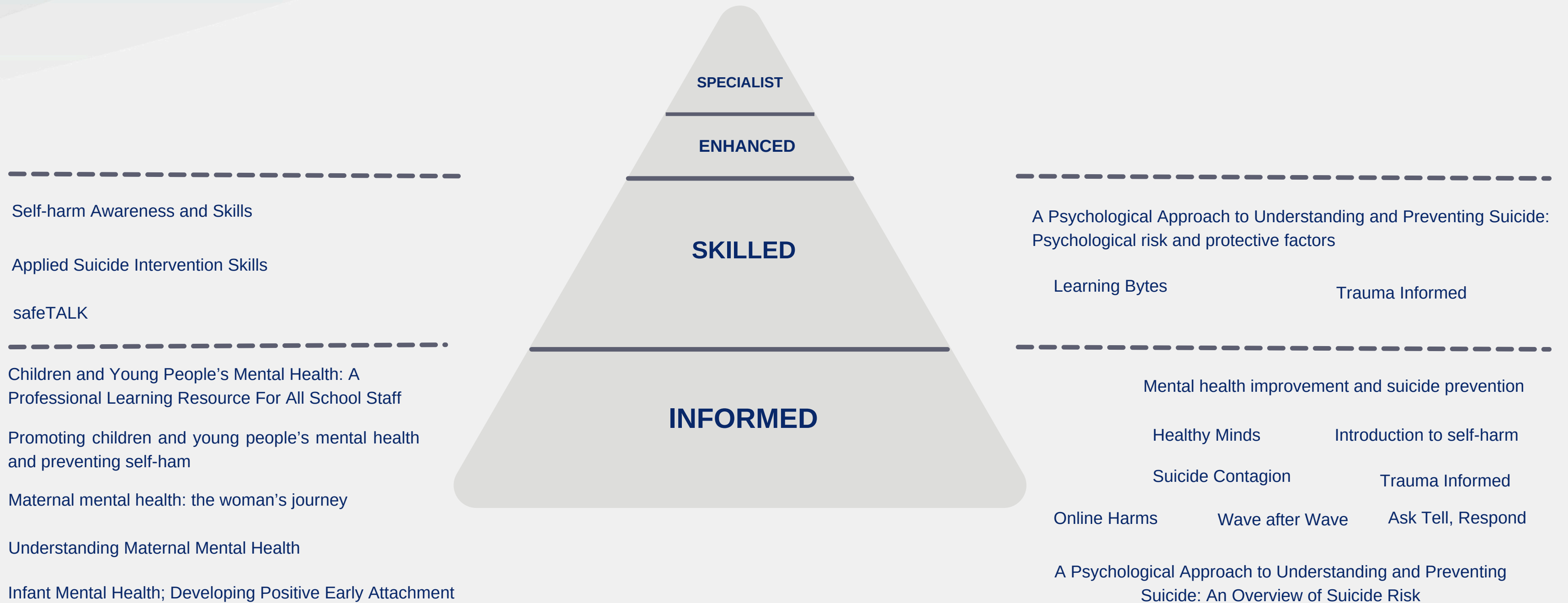
5. How do I /we access the training/learning opportunities?

The pathway is for guidance and reference only. It is intended to support individuals, teams and organisations to develop their knowledge and skills and take a more progressive approach to their learning needs. Some of the learning opportunities are available online and some of them require you to register with TURAS Learn to access, but anyone with an email address, no matter what their location or role is, can register free of charge. Other courses such as the Applied Suicide Intervention training will be dependent on what is available through your locality area.

6. Can the pathway be used to support personal development reviews and planning?

Yes. Following completion of any of the learning and training opportunities learners are encouraged to complete a reflective practice account. Reflective practice is an important tool for the personal and professional development planning and can help identify any gaps in knowledge, skills, behaviours, and attitudes that will support goal setting and planned continuing professional development activities.

Knowledge and Skills Framework: Mental Health Improvement, Self-harm and Suicide Prevention



Informed Level

Provides the essential knowledge and skills required by all staff working in health and social care to contribute to mental health improvement and the prevention of self-harm and suicide and most of the wider public health workforce who need to be informed about mental health and wellbeing and be able to respond to someone who is experiencing mental distress, or mental ill health, and who might be at risk of self-harm or suicide.

This level is also applicable more broadly, and can have relevance to everyone, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and others' mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Infant and Maternal Mental Health						
Understanding Maternal Mental Health	Introduces the learner to key facts about mental illnesses that may affect women during their pregnancy and postnatal period, examines the promotion of positive mental health, identifies risk and protective factors for mental ill health and explores current evidence about prescribing in pregnancy and during breastfeeding.	1.5 hours	Anyone working with new and expectant mums and families.	Online	https://learn.nes.nhs.scot/	Learners must register with TURAS to access. This module sits under the Women, Children, Young People and Families Learning Site.
Maternal mental health: the woman's journey	Takes the learner through the woman's journey from pre-conception to the postnatal year. The learner is encouraged to understand their own role in promoting and supporting a woman's mental health in the context of coordinated multi-agency care.	2.5 hours	Anyone working with new and expectant mums and families.	Online	https://learn.nes.nhs.scot/	Learners must register with TURAS to access. This module sits under the Women, Children, Young People and Families Learning Site.
Infant Mental Health; Developing Positive Early Attachment	Offers learners an introduction to the key aspects of infant mental health and forms a foundation for all of the training offers across further skills levels.	2.5 hours	Anyone working with young children and families.	Online	https://www.nes.scot.nhs.uk/media/x4lmfskd/final_imh_interactive_pdf__3_.pdf	

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Children and Young People						
<p>Ask Tell, Respond Animations (Children and Young People)</p> <ul style="list-style-type: none"> • Ask, Tell, what is mental health? • Ask, Tell, how to talk about Mental Health • Ask, Tell, Self-harm and Suicide Prevention 	<p>Three educational animations support learning about mental health, self-harm and suicide prevention. These animations support individuals to understand the factors that influence mental health and resilience in children and young people; engage proactively with children and young people about mental health, self-harm and suicide; and recognise when to seek help to support those in their care.</p>	<p>5-8 mins per animation</p>	<p>Anyone working with children and young people.</p>	<p>Online</p>	<p>Ask Tell Save a Life</p>	<p>British Sign Language available.</p> <p>Different languages available.</p> <p>Although these can be viewed on their own, it would be recommended that these are viewed as part of a wider learning activity.</p>
<p>Promoting children and young people's mental health and preventing self-harm module</p>	<p>Comprises three children and young people animations and check your learning quizzes. They are designed to support the knowledge and skills of those in health, social care and the wider public sectors who need to be informed about mental health, self-harm and suicide prevention in relation to children and young people. In particular, they will help workers to understand the factors that influence mental health and resilience in children and young people; engage proactively with children and young people about mental health, self-harm and suicide; and recognise when to seek help to support those in their care.</p>	<p>30 mins</p>	<p>Anyone working with children and young people.</p>	<p>Online</p>	<p>Promoting children and young people's mental health and preventing self-harm module</p>	<p>You will need to register with TURAS Learn to access this module.</p>

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Children and Young People						
<p>Children and Young People’s Mental Health: A Professional Learning Resource For All School Staff</p>	<p>Aims to provide school staff with knowledge and understanding of mental health and wellbeing in schools and a range of opportunities to learn about experiences and advice from practitioners and young people.</p> <p>Four sections an overview of Mental Health and Wellbeing (MHWB), factors influencing MHWB, applying prevention based approaches to MHWB in schools and school staff wellbeing</p>	<p>6-7 hours</p>	<p>All school staff or anyone who may find it of benefit</p>	<p>Online</p>	<p>CYPMH – Professional Learning Resource</p>	<p>Learners can move through topics at their own time and pace in any order.</p>
<p>Sowing Seeds: Trauma Informed Practice</p>	<p>An animation to support staff to understand the impact of trauma and to know how to adapt the way they work to make a positive difference to the lives of children and young people affected by trauma.</p>	<p>11 mins</p>	<p>Anyone working with children and young people.</p>	<p>Online</p>	<p>Sowing Seeds: Trauma Informed Practice</p>	<p>Although these animations can be viewed on their own it is recommended they form part of a wider learning activity.</p>
<p>Taking a Trauma Informed Lens to your service and practice: Sowing seeds for working with children and young people</p>	<p>A guided video on how to use the animation within your service and/or org to support the strengthening and development of trauma informed practice. It introduces the purpose and aim of the workshop followed by a viewing of the animation. There is an opportunity for facilitated group discussion and reflective exercises that encourage individuals and the wider team to consider what trauma informed practice may look like within their service and/or organisation before working together to develop a plan for trauma informed change.</p>	<p>1.5 hours</p>	<p>Anyone working with children and young people.</p>	<p>In person and can be adapted for remote delivery where required.</p>	<p>Taking a Trauma Informed Lens to your service and practice</p>	<p>Before you can access, you will be asked to complete some information, once you have clicked submit, you will be given a link to the guided film and workshop tools.</p>

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Adults						
<p>Ask Tell, Respond Animations (Adult)</p> <ul style="list-style-type: none"> • Ask, Tell, Look After Your Mental Health • Ask, Tell, Have a Healthy Conversation • Ask, Tell, Save a Life 	<p>When you have watched these, we recommend you complete the learning activities and knowledge check contained in the modules to consolidate and evidence your learning.</p>		<p>Anyone working with adults.</p>	<p>Online</p>	<p>Mental health improvement and suicide prevention</p>	<p>British Sign Language available.</p> <p>Different languages available.</p> <p>Although these can be viewed on their own, it would be recommended that these are viewed as part of a wider learning activity.</p>
<p>Mental health improvement and suicide prevention module</p>	<p>Comprises three animations and check your learning quizzes covering mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal.</p>	<p>30 mins</p>	<p>Anyone working with adults.</p>	<p>Online</p>	<p>Mental health improvement and suicide prevention</p>	<p>While each animation can be viewed on its own, it is recommended all 3 are completed.</p>
<p>Taking a Trauma Informed Lens to your service and practice: Opening Doors for working with adults</p>	<p>A guided video on how to use the animation within your service and/or org to support the strengthening and development of trauma informed practice. It introduces the purpose and aim of the workshop followed by a viewing of the animation. Then an opportunity for facilitated group discussion and reflective exercises that encourage individuals and the wider team to consider what trauma informed practice may look like within their service and/or organisation before working together to develop a plan for trauma informed change.</p>	<p>1.5 hours</p>	<p>All workers in GGC workforce (paid and unpaid).</p>	<p>In person or adapted for remote delivery where required.</p>	<p>Taking a Trauma Informed Lens to your service and practice</p>	<p>Before you can access, you will be asked to complete some information, once you have clicked submit, you will be given a link to the guided film and workshop tools.</p>

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Adults						
Mental health improvement and suicide prevention module	Comprises three animations and check your learning quizzes covering mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal.	30 mins	Anyone working with adults.	Online	Mental health improvement and suicide prevention	While each animation can be viewed on its own, it is recommended all 3 are completed.
Opening Doors: Trauma Informed Practice for the Workforce (Animation)	Explains why and how trauma is everyone's business. It is designed to support anyone to become trauma informed - no matter what their job or role in society. Please note these animations cover traumatic events like sexual and domestic abuse, so it is important to look after yourself as you watch them.	9 mins	All workers in GGC workforce (paid and unpaid).	Online	Opening Doors: Trauma Informed Practice for the Workforce	Although these animations can be viewed on their own it is recommended they form part of a wider learning activity.
Taking a Trauma Informed Lens to your service and practice: Opening Doors for working with adults	A guided video on how to use the animation within your service and/or organisation to support the strengthening and development of trauma informed practice. It introduces the purpose and aim of the workshop followed by a viewing of the animation. There is then opportunity for facilitated group discussion and reflective exercises that encourage individuals and the wider team to consider what trauma informed practice may look like within their service and/or organisation before working together to develop a plan for trauma informed change.	1.5 hours	All workers in GGC workforce (paid and unpaid).	In person or adapted for remote delivery where required.	Taking a Trauma Informed Lens to your service and practice	Before you can access, you will be asked to complete some information, once you have clicked submit, you will be given a link to the guided film and workshop tools.

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Universal (across the life course)						
<p>A Psychological Approach to Understanding and Preventing Suicide</p> <ul style="list-style-type: none"> An Overview of Suicide Risk: Module 1 	<p>Module 1 is part of a suite of 4 modules that will provide learners with the knowledge and resources to empower and enable them to respond compassionately to people who are suicidal. The modules aim to improve the understanding of the complex set of factors that lead to suicide, to provide a framework to make sense of suicide and an overview of the evidence of what works to prevent suicide. Throughout the modules, the importance of viewing suicide as a psychological phenomenon but driven by a diverse range of factors will be highlighted.</p> <p>In Module 1 you will gain an understanding of suicide risk, including what is meant by different suicide-related terms, who is most at risk and who is impacted by a suicide death. Importantly, you will learn about the myths surrounding suicide and consider how to challenge these.</p>	30 min	Anyone who is able to help those with thoughts of suicide.	E-learning	https://learn.nes.nhs.scot/	<p>Learners must register with TURAS to access. This module sits under the learning site Adult Mental Health: Psychological Therapies and Interventions.</p> <p>It may be useful to reflect on how this suite of modules is likely to fit within the current practice, training and procedures within your own organisation. This includes any procedures to escalate a situation when you are concerned about an individual's safety.</p>
Suicide Contagion	This session aims to increase participants understanding of current suicide data, factors that can contribute to people who end their life or attempt to end their life, the impact different forms of media can have on rates of death by suicide and attempted suicide and the risks associated with irresponsible reporting of suicide in the media.	2 hours	Anyone with an interest in suicide awareness and prevention.	In person or online	Locality dependent	

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Universal (across the life course)						
<p>Wave after Wave: Providing a compassionate response after suicide bereavement</p>	<p>This training aims to ensure staff, peer supporters and volunteers coming into contact with individuals bereaved by suicide have an understanding of the complex nature and impact of a suicide bereavement and are able to provide a compassionate and empathetic response whilst being aware of the impact of their work on their own well-being.</p>	<p>4 hours</p>	<p>Staff, peer supporters or volunteers who come into contact with people who have been bereaved by suicide.</p>	<p>In person and can be adapted for remote delivery.</p>	<p>https://www.yoursupportglasgow.org/glasgow-homepage/pages/suicide-prevention/training-opportunities-in-suicide-prevention/</p>	<p>To access the training material you need to complete an online form.</p> <p>Those who deliver the training must have completed an ASIST workshop.</p> <p>This training must always be facilitated by two people. This will ensure safety for all those at the courses.</p>
<p>An Introduction to Self-harm</p>	<p>This session aims to introduce and develop participants understanding of self-harm and how to access resources and support those using self-harm as a coping strategy.</p>	<p>1 hour</p>	<p>For those with no or very little awareness of understanding of self-harm as a coping strategy.</p>	<p>In person or online</p>	<p>Delivered by What's the Harm Trainers. Contact ggc.mhead@nhs.scot to find out about trainers in your area.</p>	<p>For more information on self-harm resources visit Self-Harm - NHS GGC</p>
<p>Healthy Minds</p>	<p>A universal resource that aims to equip people with basic knowledge and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. It can be used across different sectors for example Health, Education, Housing, Employment and Third Sector.</p>	<p>1.5 hours or less</p>	<p>For those with no or very little awareness of mental health.</p>	<p>In person and can be adapted for remote delivery</p>	<p>Healthy Minds Resource</p>	<p>There are several Healthy Minds sessions available.</p> <p>The sessions have been developed to be delivered within a group setting, this could be with staff or people accessing services. For more information visit HMQ&A2023 - NHS GGC</p>

Informed Level

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Universal (across the life course)						
Online Harms: Introduction	A module to support staff to have the knowledge and resources when dealing with any potential harmful online issues and behaviours they may encounter supporting individuals, clients, patients or indeed themselves or close family and friends.	1 hour	Any staff working with children, young people, and vulnerable adults.	Online	Available on Learn Pro and TURAS. https://nhs.learnpro.uk.com/login.aspx Turas Sign-in	Learn Pro is for NHS staff only. Please refer to your locality/organisation learning management system to access this module. Learners must register with TURAS to access.
Mental Health across the Life Course	A selection of free online learning opportunities relating to Mental Health across the life course.	Varies	Anyone with an interest in mental health improvement.	Online	Mental Health improvement Team	

Skilled Level

The knowledge and skills required by 'non-specialist' front line staff working in health, social care, and wider public and other services. These workers are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide, meaning that they have an important contribution to make in mental health improvement, self-harm and suicide prevention.

Learning Activity	Description	Duration	Target Group	Delivery	Access	Additional Information
Adult						
Scottish Mental Health First Aid	Offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. MHFA is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.	2 days	Those with substantial contact with adults within their role.	In person	Locality dependent	For more information on adult SMHFA visit https://www.smhfa.com/
Applied Suicide Intervention Skills	In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid. It teaches participants to carry out life-saving interventions for people with thoughts of suicide.	2 days	Anyone who is able to help those with thoughts of suicide.	In person	Locality dependent	It is recommended the Mental health improvement and suicide prevention module at the Informed level is completed before undertaking ASIST.
safeTALK	Aimed at giving participants the skills to recognise that someone may have thoughts of suicide and to connect the person to suicide first aid resources.	3 hours	Anyone who wants to become suicide alert.	In person	Locality dependent	It is recommended the Mental health improvement and suicide prevention module at the Informed level is completed before undertaking safeTALK.

Skilled Level

Learning Activity

Description

Duration

Target Group

Delivery

Access

Additional Info

Universal (applicable across the life course)

What's the Harm: Self-harm awareness and skills training

This training seeks to standardise understanding of and responses to self-harm when using self-harm as a coping mechanism. The training will help dispel the myths about self-harm and equip participants to support people who may self-harm.

The approach this training takes is not to stop self-harm but to understand, promote and encourage a humane response to it. The training recognises self-harm as a coping strategy, a response to distress and a means to keep living. It makes the distinction therefore between suicide and self-harm whilst recognising that there are links between the two. The training is about self-harm that is not life threatening and where the individual has no intention to end their life.

1 day

Anyone in contact with those using self-harm as a coping strategy.

In person

Delivered by What's the Harm Trainers

Contact ggc.mhead@ggc.scot.nhs.uk to find out about trainers in your area.

It is recommended that a self-harm awareness session is completed before undertaking the 1 day self-harm awareness and skills training.

Skilled Level

Learning Activity

Description

Duration

Target Group

Delivery

Access

Additional Info

Universal (applicable across the life course)

A Psychological Approach to Understanding and Preventing Suicide

- Psychological risk and protective factors: Module 2

Module 2 is part of a suite of 4 modules that will provide learners with the knowledge and resources to empower and enable them to respond compassionately to people who are suicidal. The modules aim to improve the understanding of the complex set of factors that lead to suicide, to provide a framework to make sense of suicide and an overview of the evidence of what works to prevent suicide. Throughout the modules, the importance of viewing suicide as a psychological phenomenon but driven by a diverse range of factors will be highlighted.

Module 2 will give an outline of the important risk and protective factors for suicide. A risk factor is anything that is associated with an increased risk for suicide, whereas a protective factor is associated with a reduction in suicide risk, including those factors that may help to buffer the negative impact of risk factors upon suicide risk. These include a mix of personality traits, ways of thinking, social factors, and stressful life events.

30 min

Anyone who is able to help those with thoughts of suicide.

E-learning

<https://learn.nes.nhs.scot/>

Learners must register with TURAS to access. This module sits under the learning site Adult Mental Health: Psychological Therapies and Interventions.

It may be useful to reflect on how this suite of modules is likely to fit within the current practice, training and procedures within your own organisation. This includes any procedures to escalate a situation when you are concerned about an individual's safety.

Important Information re Modules 3 and 4 in this suite of modules.

Please note that Module 3: The Integrated Motivational-Volitional model of suicidal behaviour sits at Enhanced Level and Module 4: What works to prevent suicidal behaviour sit at enhanced level with overlaps with other levels.

Skilled Level

Learning Activity

Description

Duration

Target Group

Delivery

Access

Additional Info

Developing your trauma skilled practice

1: Understanding the impact of trauma and responding in a trauma informed way

Designed to increase participants understanding of what psychological trauma is and how it can affect us, how to support recovery and develop trauma informed relationships that incorporate trust, safety, choice and collaboration, and control and empowerment and to recognise when a person may benefit from a trauma specialist intervention.

2 hours

Those likely to be working alongside or serving people who may have been affected by trauma, whether that is known or not.

Online

<https://learn.nes.nhs.scot/>

Please complete this foundational module before completing the others.

You will need to register with TURAS Learn to access the first of these resources. This module sits under the National Trauma Transformation Programme Learning Site.

2 : Trauma in Children and Young People

Designed to help participants recognise the impact of trauma on children and young people, understand how children and young people recover from trauma and to learn how to meet the needs of children and young people who have experienced trauma.

2 hours

Those working with children and young people affected by traumatic events.

Online

<https://learn.nes.nhs.scot/>

Please complete the foundational module "Developing your trauma skilled practice 1" if you have not done so already.

You will need to register with TURAS Learn to access the first of these resources. This module sits under the National Trauma Transformation Programme Learning Site.

Skilled Level

Learning Activity

Description

Duration

Target Group

Delivery

Access

Additional Info

Developing your trauma skilled practice

3 : Understanding the impact on mental health and evidence-based pathways to recovery

Designed to help participants to identify the range of natural reactions to traumatic events, the symptoms of Post Traumatic Stress Disorder (PTSD) and Complex PTSD and to recognise when a person may benefit from a trauma specialist intervention and know how to facilitate access to intervention(s).

2 hours

Anyone working with people who may have contact with people who may have been affected by traumatic events.

Online

<https://learn.nes.nhs.scot/>

Please complete the foundational module "Developing your trauma skilled practice 1 if you have not done so already.

You will need to register with TURAS Learn to access the first of these resources. This module sits under the National Trauma Transformation Programme Learning Site.

4 : Understanding the use of substances to cope with the impact of trauma

Designed to help participants to understand the prevalence and impact of trauma for people with a substance use problem, how substance use and trauma symptoms can impact each other, respect the resilience in people surviving by using coping behaviours available to them, develop your own collaborative trauma-informed approach and to recognise the need for recovery pathways that accommodate multiple complex needs.

2 hours

Anyone who has contact with people who may have been affected by traumatic events and/or substance use.

Online

<https://learn.nes.nhs.scot/>

Please complete the foundational module "Developing your trauma skilled practice 1 if you have not done so already.

You will need to register with TURAS Learn to access the first of these resources. This module sits under the National Trauma Transformation Programme Learning Site.

Skilled Level

Mental Health Learning Bytes

This resource is a series of 5 short learning bytes with each learning byte focusing on a different topic but all are connected; some themes run through them all and they link back to each other where required. They can be completed in any order. The learning bytes are designed to be used flexibly by individuals, teams, organisations and training providers to meet local learning and development needs and priorities.

Learning Activity

Learning Byte 1	Learning Byte 2	Learning Byte 3	Learning Byte 4	Learning Byte 5
<p>Promoting mental health and tackling inequalities</p> <ul style="list-style-type: none"> Includes understanding what mental health is, features of positive mental health determinants of mental health, risk factors and inequalities that can lead to mental ill health, what works to improve mental health and how you can apply this knowledge in your own workplace. 	<p>Supporting People in Distress and Crisis</p> <ul style="list-style-type: none"> Includes understanding distress, crisis and related risk or protective factors, recognising when someone may be experiencing distress or crisis, providing a compassionate and helpful response, supporting self-help and problem-solving and knowing how and when to access more urgent support for someone. 	<p>Supporting People at Risk of Suicide</p> <ul style="list-style-type: none"> Includes the factors that might cause people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, practical and emotional approaches to supporting people at risk of suicide. Part B includes additional information about children and young people who may be at risk of suicide. 	<p>Supporting People at Risk of Self-Harm</p> <ul style="list-style-type: none"> Includes the different reasons why people self-harm, understanding self-harm as communication of distress, some common misconceptions surrounding self-harm, impact of thoughts, feelings and emotions on self-harm, adopting a sensitive, compassionate and non-judgemental approach when talking about self-harm, risk and protective factors associated with self-harm, ways you can positively respond to and talk about self-harm. 	<p>Supporting Recovery and Quality of Life for People Living with Mental Ill Health</p> <ul style="list-style-type: none"> Includes understanding the concept of recovery and how to work in a way that promotes this, supporting people to engage with wider community resources that promote social and peer support, meaningful purpose and positive relationships, understanding the physical health problems and barriers to treatment and lifestyle change that can be experienced by people living with mental ill health, recognising the impact of stigma and discrimination on mental health recovery, and promoting inclusion, health and quality of life.

Duration	Target Group	Delivery	Access	Additional Info
<p>Each learning byte takes 3-4 hours to complete.</p>	<p>All learning bytes are suitable for anyone with substantial contact with those at risk of self-harm and suicide.</p>	<p>Self-directed learning online, or can be used to facilitate group learning either in person or remotely.</p>	<p>Access all learning bytes at: Mental health improvement, and prevention of self-harm and suicide Turas Learn (nhs.scot)</p>	<p>You will need to register with TURAS Learn to access the first of these resources, If you have not already done so, it is recommend that you complete the Informed Level Resources from NHS Education Scotland before accessing the Learning Bytes.</p>

Sources of Support

National

Breathing Space

A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

Childline

For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Visit www.childline.org.uk

NHS24 Mental Health Hub

Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.

Samaritans

Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or email jo@samaritans.org

Self-harm Network Scotland

An online portal is to provide information and support for people who are living with self-harm aged 12+. Immediate support available via webchat and recovery-focused tools. Visit [Self-harm Network Scotland](#)

SHOUT

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.

Health and Social Care Partnerships

East Dunbartonshire

East Dunbartonshire Association for Mental Health Offers a recovery focussed support service to promote the rights and seeks to enhance the lifestyle of those affected by mental ill health, through the provision of easily accessible community based services. Call **0141 955 3040** or email info@edamh.org.uk 9am till 5pm, Mon – Fri. Referrals self or professional.

Renfrewshire

Recovery across Mental Health

FIRST Crisis is an out of hours crisis service which provides a short term support to anyone aged 16 or over who is experiencing a crisis in their mental health. Call Freephone, **0800 221 8929** (or standard rate 0141 848 9090). Available 7 days a week, 365 days a year, Monday-Friday 9.30am-7pm and Saturday-Sunday 9.30am-5pm.

Glasgow City

Lifelink

Offer counselling and a programme of wellbeing classes to anyone who is struggling to cope with everyday stress or is feeling anxious or depressed. Issues such as debt, bereavement, addiction, self-harm/suicide and problems with relationships or family can all interfere with a persons' quality and experience of life. Telephone **0141 552 4434** or complete an online referral form [here](#). Wellbeing classes can be accessed at [Wellbeing Classes | Lifelink](#)

Compassionate Distress Response Service (16+)

A short-term listening service for people experiencing emotional distress who do not require a medical or specialist psychiatric assessment. Person centred support provided for up to 1 month and longer if needed, depending on individual circumstances. The focus is to alleviate the immediate feelings of distress and to develop coping strategies, supported with onward referral if needed. [CDRS | Glasgow Association for Mental Health \(gamh.org.uk\)](#)

- In-hours (Monday to Friday from 9am to 5pm): referral by GPs and their multi-disciplinary teams.
- Out of hours (7 days a week from 5pm to 2am: referrals accepted from; Mental Health Assessment Units, Police Scotland, British Transport Police, Scottish Ambulance Service, NHS 24, NHS GG&C Emergency Departments.
- Young People Compassionate Distress Response Service (16-25, 26 if care experienced): referrals from CAMHS, Secondary Schools, Youth Health Service, Sandyford Sexual Health Service, Third Sector Organisations, Mental Health Assessment Units, Further Education, Higher Education, Social Work Services.

For a range of supports and services for children and young people, please see: [Children and Young People's Mental Health Support Guide \(Glasgow City\) - NHSGGC](#)

East Renfrewshire

Recovery across Mental Health

Offer a range of mental health support to adults from counselling to one to one support. Refer into their services by completing the online referral form [here](#) or call **0141 847 8900** to refer over the phone.

Inverclyde

The Anchor

A suicide prevention & wellbeing charity for the adults & young people of Inverclyde & beyond. Provide a range of services from one to one support to group work and drop in's. Contact support@anchor-scio.co.uk

Mind Mosaic Counselling and Therapy

Provide high-quality therapeutic services in Inverclyde and beyond. Services include one-to-one counselling and therapy, somatic trauma therapy and workshop-based trauma-informed sessions. Services can be face-to-face, online via video or telephone, and in various community settings. Provides both Fast Track (paid) and donations-based options to ensure accessibility for all community members. Contact **01475 892208**, or admin@mindmosaic.co.uk

West Dunbartonshire

Stepping Stones

Offer a range of mental health supports to individuals in the community. Call **0141 941 2929** to speak to someone directly during office hours. Or you can text **07848 042521** and someone will get back to you.