

Suicide Prevention Resources and Supports

Creating Hope Together

Suicide Prevention is everyone's business. This resource is for anyone who is able to help those with thoughts of suicide who wish to increase their knowledge and understanding of suicide prevention.



The information is targeted at the Informed and Skilled levels as set out in the **Mental Health Improvement and Suicide Prevention Framework**. It brings together a range of suicide prevention information for staff relating to:

Learning

Helplines

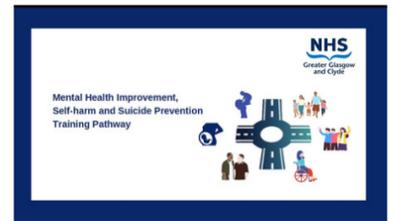
Keeping Safe

Resources

Learning

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The NHS Greater Glasgow and Clyde Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway is a tool to encourage the public health workforce 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.



Core psychological interventions for suicide prevention:

THESE MODULES aim to provide learners with the knowledge and resources to empower and enable them to respond compassionately to people who are suicidal. These resources aim to augment the learning resources found in the Mental health improvement, and prevention of self-harm and suicide framework.

Learners must be registered on TURAS Learn to access. Anyone with an email address, no matter what their location or role is, can register with TURAS free of charge.



Helplines

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**. Other ways are set out on their website: 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.

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

Calm (Campaign Against Living Miserably): provide free phone and WebChat support 5pm - Midnight daily: Call free **0800 58 58 58**. To access Whatsapp or WebChat support visit <https://www.thecalmzone.net/suicide-prevention-helpline>

The Pandas Foundation Helpline: open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness. Call free **0808 1961 776**.

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 via email on jo@samaritans.org

PAPYRUS HOPELINE UK: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **88247**. Lines open 24 hours every day of the year (Weekends and Bank Holidays included).

Keeping Safe

REMEMBER if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their doctor should be the first point of contact or contact **NHS 24** on **111**. If you feel the individual is in immediate danger please call **999**.



Supporting new and expectant parents mental health: helps staff have conversations with parents about their mental health during the perinatal period and signpost to supports appropriate to their needs to prevent a mental health crisis from developing. Order free from [Public Health Resource Directory](#).

Healthy Minds Pocket Guide: details a mental health support in each of the 6 HSCP's, helpful tips for looking after your mental health and wellbeing. Order free from [Public Health Resource Directory](#).



Suicide ALERT Resources: to support staff talking with someone who may be at risk of suicide. It explains the 'ALERT' model and provides some ideas for putting it into practice, as well as useful information about support services and suicide prevention resources. Resources include a [briefing note](#) and [prompt sheet](#).

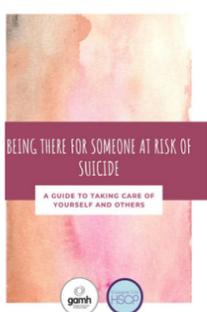


Scottish Association for Mental Health: offer useful suicide prevention guides:

- **Suicide... Are you worried about someone?**
- **Suicide... Living with your thoughts**
- **Suicide: How to ask**
- **After a Suicide**



A Manual For Me: surviving and thriving as an LGBTQ+ person, a toolkit to help plan for times when coping is hard including when you might be thinking about suicide.



Being there for someone at risk of suicide: A resource for people who care about someone who has tried to take their own life, or are worried that they might.



A useful social media toolkit to learn about internet safety around suicide and self-harm.

Provide free bereavement support for workplaces affected by suicide. Support can be provided in-house or digitally.



Step by Step: is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide.



A Guide for Parents: If your child is struggling with suicidal feelings, or you're worried they might be, here are some ways you can support them and places you can get help.



APPS

The **NHSGGC MyApp: My Mental Health:** Helps find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions but also materials to help manage them.



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Stay Alive: Provides useful information and tools to help you stay safe in a crisis.



Daylight: For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.



Videos

Click on images to download videos

Surviving suicidal thoughts. Hear from people who have been there and come out the other side.



Being there for someone at risk of suicide – A guide to taking care of Yourself and Others. A playlist of videos developed by GAMH and Glasgow City HSCP.



Useful Websites

Click on images to download information



If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better.

If you're experiencing suicidal thoughts or thinking about killing yourself, it's important to know that you're not alone. There is practical support and advice available.



If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief – find out how you can improve your mental wellbeing by hearing what others have found helpful.