

Suicide Prevention Week and Recovery Month 2023

A few words from Dr Trevor Lakey, Health Improvement & Inequalities Manager - Mental Health, Alcohol and Drugs

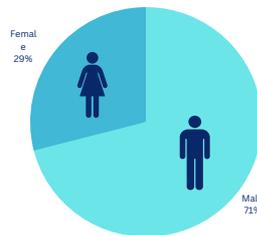


"We are delighted to be bringing you our first ever joint [newsletter] from the Mental Health and Alcohol and Drugs Health Improvement Teams for Greater Glasgow and Clyde, and trust that you find this issue of use. Why a joint feature? There are many connections between the issues of mental health and substance use. A rounded approach to public health requires us to look at such links and to consider how we can support people who may be affected by both sets of issues. For example, we know from the literature and lived experience that many people with substance use problems also have difficulties with their mental health or have diagnosable mental illnesses. Also, some people with mental health difficulties may 'self-medicate' with drugs or alcohol in an attempt to cope. We also know that both sets of issues are complex, are heavily affected by social factors such as poverty and trauma. On top of this, the experiences of stigma and discrimination are common to both. Thus, we need to respond not just with medical care, but also by addressing social issues, tackling inequalities, promoting wellbeing and recovery plus promoting wider societal understanding and support for people affected".



805 probable deaths by suicide were recorded in Scotland in 2020.

[Source](#)



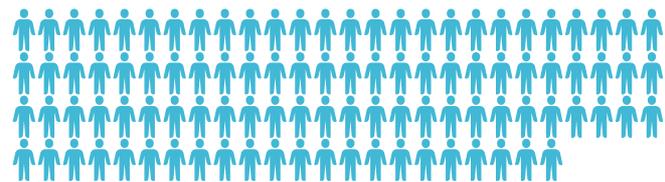
Of those deaths, 575 were males and 230 females.

[Source](#)

Suicide was the leading cause of death among children and young adults, accounting for 1 in 4 (25.7%) lives lost, during the period 2011 to 2020.



[Source](#)



Up to 135 people can be affected in some way by every suicide.

[Source](#)



Estimates suggest that between 20-37% of people using mental health services have a difficulty with drugs and alcohol.

[Source](#)

It is estimated that alcohol or drug use was a factor in between 48% - 56% of all suicides between 2008 and 2018 in Scotland.



[Source](#)

17,843

people in Scotland began treatment for a drug-related issue between April 2019 and March 2020.

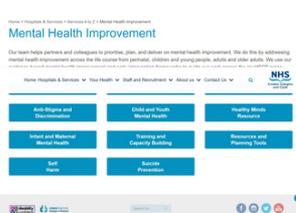
[Source](#)

Recovery Services and Mental Health Supports

HSCP	Recovery Service	Mental Health
	<p>The Community Addiction Service offers a range of support. Professional or self-referral by phoning 0141 577 3368 / 4027 or emailing Addiction.referrals@eastrenfrewshire.gov.uk</p>	<p>Recovery Across Mental Health: offer a range of mental health supports. Call 0141 847 8900 or send a completed referral form to referrals@ramh.org</p>
	<p>The Alcohol and Drug Recovery Service offers assessment, support and treatment for alcohol and drugs issues by offering person-centred, recovery-focused care and treatment. Referrals professional or self by calling 0141 232 8211.</p>	<p>East Dunbartonshire Association for Mental Health: offers a recovery focussed support service. Call 0141 955 3040 or email info@edamh.org.uk 9am till 5pm, Mon – Fri.</p>
	<p>There are a range of Alcohol and Drugs Services across Glasgow City providing a range of care and treatment options for people affected by drugs and/or alcohol. For details for services in each of the area click here</p>	<p>Lifelink: Offer support to anyone who is struggling to cope with everyday stress or is feeling anxious or depressed. Tel: 0141 552 4434</p>
	<p>Alcohol and Drug Recovery Service provides confidential support and advice to anyone affected by drug and/or alcohol addiction. Referrals professional, self or family. Call 01475 715 353.</p>	<p>Man On: provide a range of mental health supports from one to one support to group work and drop in's. Contact support@manoninverclyde.com</p>
	<p>Alcohol and Drug Recovery Service provides a range of treatment and care options for individuals who are affected by their own or someone else's alcohol and/or drug use. Referrals can be professional or self Call: 0300 300 1199 (option 2) or email addictions.sw@renfrewshire.gov.uk</p>	<p>Recovery Across Mental Health: offer a range of free confidential mental health supports. Call 0141 404 7788 or send a completed referral form to referrals@ramh.org</p>
	<p>The Community Addiction Services based in Clydebank and Dumbarton, offer a range of support. Professional or self-referral by phoning 0141 562 2311 (C) or 01389 812 018 (D).</p>	<p>Stepping Stones: Offer a range of supports to individuals. Call 0141 941 2929 to speak to someone directly during 9am-5pm.</p>

Resources, Websites and APPS

click on images to download information








Helplines

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. Contact on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.



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

NHS24 Mental Health Hub

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



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

WE ARE WITH YOU:

offer free, confidential support with alcohol, drugs or mental health from one of their local services or online.

Click on logo to access information.



NARCOTICS ANONYMOUS

SCOTLAND: for people needing support and advice about the nature of drug addiction. Open 10am- midnight 7 days a week. Call: **0300 999 1212**.



SCOTTISH FAMILIES AFFECTED BY DRUGS AND ALCOHOL: if you are concerned about someone else's alcohol or drug use, call **08080 101011**. Open 9am-11pm weekdays and a call-back service on weekends.

ALCOHOLICS

ANONYMOUS: if you need help with a drinking problem call free on **0800 9177 650**.



DRINKLINE: Concerned about your drinking? Call **0800 7 314 314** now for advice and support (weekdays 9am-8pm, weekends 11am-4pm).

Learning

click on images to download information



Offer 5 CPD courses; Recovery Essentials Part 1, Recovery Essentials Part 2, Peer Support, Stigma and Me, Stigma and Us.



Delivers general and specialist training on drug-related issues for a range of agencies and through a number of approaches.



Offer a range of training courses that are core funded by Alcohol and Drug Partnerships across GGC.



Mental Health Improvement, Self-harm and Suicide prevention Training Pathway: 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.