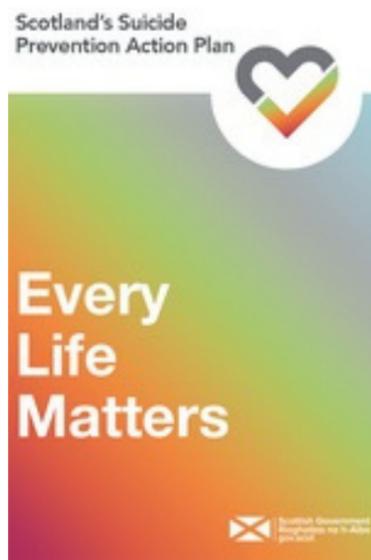


# Suicide Prevention Resources and Supports



## Every Life Matters

Suicide Prevention is everyone's business. This resource is for the wider public health workforce wishing 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
- Resources & Websites
- Helplines
- Keeping Safe

## Learning

NHS Education for Scotland have developed a suite of [Mental Health Improvement, and prevention of self harm and suicide](#) learning resources to support staff across the public sector and beyond to develop the knowledge and skills needed to promote good mental health and wellbeing across the whole population and to prevent mental ill health, self-harm or suicide. All are free to access via TURAS [here](#).

### Informed Level

*Provides the essential knowledge and skills required by all staff working in health and social care and the wider public health workforce to contribute to mental health improvement and the prevention of self-harm and suicide.*

### *Promoting children and young people's mental health and preventing self-harm*

This module comprises three children and young people animations. They are designed to support staff who need to be informed about mental health, self-harm and suicide prevention in relation to children and young people. 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.



- 1
- 2
- 3

*Click on numbers to download each animation*

### *Mental Health Improvement and suicide prevention (Adults)*



- 1
- 2
- 3

*Click on numbers to download each animation*

This 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. While each animation can be viewed on its own, we recommended all 3 are completed.

## Learning

### Skilled Level

Provides the essential knowledge and skills required by 'non-specialist' front line staff working in health, social care, wider public and other services, who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide.

A series of 5 short learning bytes designed to support staff to develop their knowledge and practice. It is advised that staff reflect on their own knowledge and skills base before they consider accessing and delivering this resource and are encouraged to complete the Informed Level learning opportunities before progressing to the Skilled Level.

*Click on blocks to access each learning byte*

1



*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.*

2



*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.*

3



*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.*

4



*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.*

5



*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.*

## Additional Learning Opportunities

**NHS Education for Scotland:** a range of trauma related learning resources.

**NHSGGC Mental Health Improvement Team:** have collated a range of free e-learning opportunities across the life course.



E-LEARNING

# Useful Resources and Websites



**United to Prevent Suicide** is a social movement of people from all across Scotland, we are united in a shared belief that each and every one of us has a role to play in preventing suicide.

*Click on image to download*

**Heads Up** provides advice, and information, on mental health conditions – about how you can support yourself or the people you care for, the services available for you and the range of interventions you may participate in. **Heads Up** has mental health information described in British Sign Language (BSL).



*Click on image to download*

**Scottish Association for Mental Health:** offer useful suicide prevention guides, click on links to download.



- [Suicide... Are you worried about someone?](#)
- [Suicide... Living with your thoughts](#)
- [Suicide: How to ask](#)
- [After a Suicide](#)

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



*Click on image to download*



**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. Copies can be ordered free from the [Public Health Resource Directory](#).

*Click on image to download*

## Helplines



**Breathing Space:** for people experiencing low mood, depression or anxiety. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am. Call free **0800 83 85 87**

**Calm (Campaign Against Living Miserably):** provide free phone and WebChat support 5pm - Midnight daily: Call free **0800 58 58 58**, website has information on a range of mental health topics

**Childline:** is open 24 hours a day, 7 days a week. Call free **0800 1111**

**NHS LIVING LIFE :** A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Call **0800 328 9655** Mon-Fri 1pm -9pm

**The Pandal 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**

**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: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm

**Samaritans:** A free and confidential support to anyone, any age. Call free anytime **116 123**

**Young Minds:** provides information on coping with self harm and suicidal feelings. Crisis Text service also available 24/7 **Text YM to 85258** and a Parents Helpline: **0808 802 5544** Mon – Fri 9.30am – 4pm



## 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**.