

Suicide Prevention Resources and Supports



Creating Hope Together

Suicide Prevention is everyone's business and everyone has a role to play in suicide prevention. Suicide is preventable. This document brings together key resources and information to help give everyone the confidence and knowledge to play their part in 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 relating to:

Keeping Safe

Helplines

Resources & Useful websites

Learning



Creating Hope Together. Scotland's Suicide Prevention Strategy 2022-2025: click on image to download

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**.*

Helplines

Breathing Space: 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. 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. 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

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>

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.

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**. Open 24 hours 365 days (Weekends and Bank Holidays included).

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

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

Resources

Click on images and hyperlinks to download information

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 Action for Mental Health: three downloadable suicide prevention guides:

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



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.



A Guide for Parents:

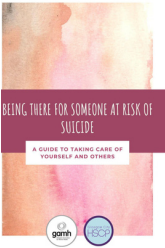
If your child is struggling with suicidal feelings, or you're worried they might be, here are some ways you can support them and places you can get help.



PAPYRUS have a broad range of help and advice resources available in different formats. From coping techniques to conversation starters, distraction techniques and dealing with anxiety.



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.

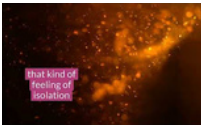


Social Media Toolkit: A useful social media toolkit to learn about internet safety around suicide and self-harm.

Videos

Click on images to download information

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.



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



Suicide Prevention Scotland: “What if a conversation about suicide could save a life?”.
A campaign about normalising the idea of talking about suicide - and giving people the
confidence to do so. Listen to the stories of four people who all have experience of
suicide and in particular how they found hope.

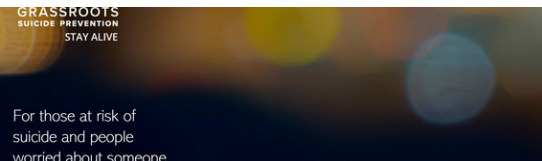
Apps

Click on images to download information

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.



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



Daylight: For people who
are feeling worried or anxious.
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.



Sleepio: is a digital sleep improvement
programme based on Cognitive
Behavioural Therapy. It’s clinically
proven to help address the root
causes of poor sleep and insomnia.
To access the course, you need to provide
the first half of your postcode and an email
address.



Useful Websites

Click on images to download information



Suicide Prevention Scotland: alongside the campaign, What if a conversation
about suicide could save a life“, the website provides information and key links
to a range of centralised resources to support people experiencing thoughts of
suicide, those who are worried for someone else, or for those who have been
bereaved by suicide.

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 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.

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.



Learning

Click on images to download information

**The NHS Greater Glasgow and Clyde
Mental Health Improvement , Self-harm
and Suicide Prevention Training Pathway.**
A reference and guidance document to help
individuals, teams and organisations explore
potential mental health training opportunities
that are available, and whilst not exhaustive it
can support navigation through the relevant
and appropriate levels according to roles.
The pathway signposts to a range of suicide
prevention online learning opportunities.



**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. Sits under Adult Mental Health:
psychological therapies and interventions
section.

*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*.

