

## 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
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*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.

**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.

**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](http://www.childline.org.uk)

**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 **0300 102 2470** or Text HOPE to **88247**. Open 24 hours 365 days

**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](mailto:jo@samaritans.org)

**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>

**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.



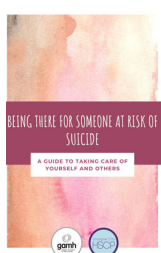
**A Guide for Parents:** If your child is struggling with suicidal feelings, or you're worried they might be, here are some ways you can support them and places you can get help.



**PAPYRUS** have a broad range of help and advice resources from coping techniques to conversation starters, distraction techniques and stay safe plans.



**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.

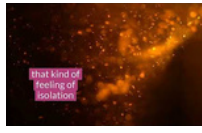


**Social Media Toolkit:** A useful social media toolkit to learn about internet safety around suicide and self-harm.

## 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.

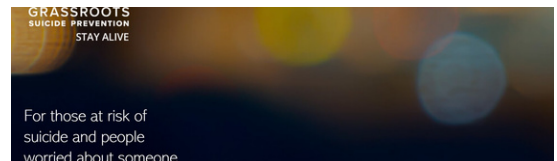
## Apps

*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\*.

