



## Suicide Prevention Week

### NHSGGC Mental Health Improvement Team

**Trigger Warning:** The following snippet discusses suicide. To protect your own mental health and wellbeing please keep yourself safe and make an informed decision as to whether you have the headspace at present to read and digest the content.

**Safety First:** For some people they might be finding it difficult to cope and may think of ending their life, if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact.

**If you feel the individual is in immediate danger please call 999 for assistance.**

There were 805 deaths by suicide in Scotland in 2020, a slight decrease from 833 in 2019. Almost three quarters of the deaths are male and deprivation remains a significant risk factor, with deaths three and a half times higher in our most disadvantaged compared to least disadvantaged communities. Scotland's Suicide Prevention Action Plan – Every Life Matters, (2018) sets out ten actions for suicide prevention to ensure people at risk of suicide, across Scotland, can ask for help and have access to skilled staff and well - coordinated support, to reduce the stigma and isolation associated with suicide while those bereaved by suicide have access to better support [Suicide prevention action plan: every life matters - gov.scot \(www.gov.scot\)](http://www.gov.scot)

*“We envisage a Scotland where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide. Suicide prevention is everyone's business”*

#### **National/Global Suicide Prevention Work**

**National Suicide Prevention Campaign: United to Prevent Suicide:** the next set of campaign outputs to be released on the 10<sup>th</sup> of September, please follow our [@ayemind99](https://twitter.com/ayemind99) twitter feed for more information about this campaign as it goes live. Key messages from this campaign will be shared via NHS GG&C and local HSCP social media channels too. For more visit [United to Prevent Suicide](https://www.gov.scot) . We would encourage you to sign up to be a supporter and member of this campaign and follow their Twitter account [@TalktoSaveLives](https://twitter.com/TalktoSaveLives)

**International Suicide Prevention Day:** On the 10<sup>th</sup> of September, light a candle and safely place it in a window at 8pm, to remember a loved one and pledge to raise awareness around suicide and suicide prevention. More information can be found here [WSPD2021 - IASP](https://www.iasp.info/)

## Resources

**Animated Learning Resources – Promoting Children and Young People’s Mental Health and preventing Self Harm and Suicide:** Gain an understanding of what can influence mental health and resilience in children and young people; shows how to 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. [Animations](#)

**Ask, Tell Animations:** Series of animations to help start the conversation about mental health, having compassionate conversations and the subject of suicide. The animations can be access via TURAS or the Vimeo media sharing platform. <https://vimeo.com/338176393>

**Healthy Minds Pocket Guide:** Information on local mental health supports available across NHS Greater Glasgow and Clyde. [Pocket Guide](#)

**Samaritans:** Suicide is preventable and the [Small Talk Saves Lives campaign](#) aims to give as many people as possible the tools to notice if someone may be at risk and the confidence to approach them.

**Self Care September:** is the theme of this month’s [Action for Happiness Calendar](#) sharing daily actions we can do to be kinder to ourselves and others. Remember self care isn’t selfish, it’s essential.

**Suicide Prevention Resources:** comprise of a leaflet and poster aimed at the public and an ‘ALERT’ pathway briefing and prompt sheet for use by staff in health, social care and helpline situations. [Suicide Prevention](#)

## Helplines

**Adults:** download our [adult resource](#) which provides a range of information on useful mental health helplines and websites.

**Children and Young People:** download our [child and youth resource](#) which provides useful mental health helplines and websites.

## Distress and Suicidal Thoughts:

Some people find that talking with friends and family about their feelings can be a real source of support for coping with distress or suicidal thoughts. It might be helpful for them to map their support network, and think about people they could call if their feeling suicidal. Other people may prefer to seek more professional support or call a helpline such as **Breathing Space 0800 83 85 87 - Samaritans 116 123 - SHOUT Text SHOUT to 85258**

For some people they may be finding it difficult to cope and may think of ending their life, if you are concerned about an individual’s mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact.

**If you feel the individual is in immediate danger please call 999 for assistance.**

**Glasgow Association for Mental Health:** provide a Compassionate Distress Response Service (CDRS) - Care, Listen, Connect. This is an Out of Hours service provided for Glasgow City HSCP to support adults within Glasgow City experiencing emotional distress. Information about the new service can be found via this link: [Glasgow Association for Mental Health | Promoting the health and wellbeing of people and their communities](#)