



Scottish Borders  
Health and Social Care  
PARTNERSHIP

be suicide

# ALERT

simple steps to save lives



We all have a role to play  
in suicide prevention

**Creating Hope**  
Scottish Borders



Time



Space



Compassion

If you're concerned about someone you know or you notice someone is just 'not themselves', you might want to let them know that you are there for them. But what does 'being there' for someone look like? It can be as simple as remembering three words: Time, Space, Compassion.

- Offer them your **Time**
- Give them **Space** to talk
- Show **Compassion**

## Sources of support

If someone is at immediate risk of suicide call 999 and don't leave them alone.

Encourage the person to contact their GP or call NHS24 Mental Health Hub anytime on 111

**These free and confidential helpline services can also provide support for anyone who is struggling to cope:**

**Breathing Space - 0800 83 85 87** (Mon-Thurs 6pm-2am; Fri 6pm-Mon 6am)

**Samaritans - 116 123** (24/7)

**Papyrus HOPELINE 247** 0800 068 4141 (24/7)

**SHOUT text service – Text SHOUT to 85258** (24/7)

**Survivors of Bereavement by Suicide - 0300 111 5065** (Monday - Thursday 9am—7pm). Contact the local coordinator on [scottishborders@uksobs.org](mailto:scottishborders@uksobs.org) to find out more about local group support.

**Childline – 0800 1111** (24/7)

**Stay Alive App - Search for the Stay Alive App on [Apple](#) or [Android](#).**

For suicide prevention resources and information about looking after your mental health and wellbeing visit

<https://www.nhsborders.scot.nhs.uk/creating-hope/>



If someone is contemplating suicide, they may:

- Talk about wanting to die
- Talk about feeling trapped, hopeless or being a burden to others
- Be stressed or anxious and seem to be not coping
- Appear hopeless, careless, moody or withdrawn
- Have lost interest in their appearance
- Be misusing drugs and/or alcohol
- Give away prized possessions, or be putting their affairs in order for no obvious reason

*Someone who has appeared stressed or distressed may appear calm and in control once they have made a suicide plan.*

**ASK** if you think someone may be thinking about suicide.

*You can use direct language, and the question won't put the idea into someone's head, if they aren't already thinking about it. People who have thoughts about suicide say that they felt a huge sense of relief, just at someone asking them the question "Are you thinking about suicide?"*

**LISTEN** carefully to what the person is saying.

*You don't need to try to make it better, tell them how important they are, or how much they have to live for. Just allowing someone to talk, and acknowledging their feelings will let them know that you care.*

**ENCOURAGE** them to talk further.

*Family, friends, their GP, a counsellor, telephone support services or someone else they trust are all potential sources of support. There are contact details for various organisations on the opposite page, or on the United to Prevent Suicide Lifelines card.*

**RIGHT NOW** contact emergency services or a crisis line if you think someone has immediate suicide plans. *Don't leave someone alone if they have a plan and the means to carry it out.*

**TALK** to someone.

*Supporting someone who is suicidal can be a difficult experience. You may need time and support to process your own emotions about it.*

If you have a professional role, you may also need to consider your Adult Protection or Child Protection policy and procedures. You can talk to your manager without breaking confidentiality, if you're not sure whether you need to take action.

## Ask, Tell, Respond Learning Resources

Suicide is surrounded by stigma and shame and opening up this conversation and enabling people to feel more comfortable to use the word 'suicide' and talk openly with others about suicidal feelings is a big step in the right direction. Learning resources have been developed to help raise awareness of issues that surround mental health, self-harm and suicide prevention. We believe every suicide is preventable. To access these resources visit

<https://learn.nes.nhs.scot/33734>

## Take action

United to Prevent Suicide is a movement of people from all across Scotland, who believe that each and every one of us has a role to play in preventing suicide. Find out how you can get involved and pledge your support at:

[www.unitedtopreventsuicide.org.uk](http://www.unitedtopreventsuicide.org.uk)



## Do you want to:

- know more about suicide prevention?
- increase your confidence to talk about suicide?
- understand how to support someone who may be thinking about suicide?

## Free training is available

Get in touch on [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) or 01835 825970 to find out more about free training available in the Scottish Borders.