

# Creating Hope

## Scottish Borders

### Information Bulletin – News / Events / Resources / Training November 2024

#### Upcoming awareness dates:

[International Stress Awareness Week](#): 4<sup>th</sup> – 8<sup>th</sup> November 2024

[International Survivors of Suicide Loss Day](#): 23<sup>rd</sup> November 2024

## NEWS

### TIME TO REFLECT: A SUPPORTIVE EVENT FOR PEOPLE BEREAVED BY SUICIDE

A special event is taking place on Saturday 23rd November at the Haining in Selkirk which is International Survivors of Suicide Loss Day. The reflection event is the sixth annual event for people in the Scottish Borders for those who have lost someone to suicide.

The event will provide an opportunity to remember those who have been lost to suicide and will offer space, solidarity and the opportunity to connect for those touched by suicide.

The event has been organised jointly by the local After a Suicide Working Group who are a group of volunteers with lived experience of bereavement by suicide and NHS Borders. The event is being supported by the local Samaritans branch, Quarriers Resilience for Wellbeing and Survivors of Bereavement by Suicide (SOBS). Volunteers from each will be available during the event to provide support and will be on hand with resources and support information.



**Please help us spread the word about this event by sharing the poster and information about this event with your networks and anyone who might be interested.**

For more information and to register click [HERE](#)

### CO-PRODUCING ADULT MENTAL HEALTH SERVICES IN THE BORDERS – GET INVOLVED!

Borders Care Voice supports members of The Mental Health and Wellbeing Forum to co-produce, co-design and provide consultation to help improve local mental health services.

The Forum has been through a review recently and has produced a new flyer and info sheet. The Forum believes that people who use services are best placed to help shape them and people with lived experience are identified in the Borders Mental Health Strategy as Equal Experts. Everyone has mental health and the Forum is looking to engage with adults who would like to have their voice heard and help influence change.

You can contact the Mental Health Development Worker Lynsay by email at [lynsay@borderscarevoice.org.uk](mailto:lynsay@borderscarevoice.org.uk) and you can find out more information [HERE](#).

### BREATHING SPACE MARKS 20 YEARS OF PROVIDING MENTAL HEALTH SUPPORT IN SCOTLAND

Launched in 2004, the NHS 24 service Breathing Space has responded to more than 1.5 million telephone calls over the last two decades. As one of a suite of NHS 24's mental health services, it has become a vital lifeline for many individuals, including those who live in the Scottish Borders. Breathing Space is a free and confidential phone and web chat service for anyone in Scotland aged 16 and over. It offers a listening ear, practical advice and essential support during times of emotional distress.

Breathing Space advisors are skilled at getting those contacting the service to chat about their worries, and can help address a wide range of concerns, including mental health difficulties, low mood, family and relationship issues, grief and loss, and anxiety related to work or personal life. People getting in touch are not required to disclose their name or personal information, ensuring a confidential and non-judgmental space.

To access Breathing Space Scotland's free and confidential service, call 0800 83 85 87 or visit their website at [breathingspace.scot](http://breathingspace.scot) for online chat and resources. Services are available weekday evenings between 6pm and 2am and over weekends, from 6pm on Friday until 6am Monday morning.

## EVENTS

### INFORMATION STATION FOR MENTAL HEALTH AND WELLBEING at the WHAT MATTERS HUBS

PEEBLES - Wednesday 13<sup>th</sup> November, 10am – 12:30pm, Costa Coffee

HAWICK - Thursday 14<sup>th</sup> November, 10am – 12:30pm, Heart of Hawick

KELSO - Wednesday 20<sup>th</sup> November, 10am – 12:30pm, Mayfield Garden Centre

GALASHIELS - Wednesday 27<sup>th</sup> November, 10am – 12:30pm, ASDA Café

Drop-in service where you can find out more about the advice, information and support that is available to help mental health and wellbeing. Find out more [HERE](#)

### 1st Tuesday of the month, Galashiels

#### **SURVIVORS OF BEREAVEMENT BY SUICIDE LOCAL SUPPORT GROUP**

For more information contact the local co-ordinator on 0770 4691 111 or email

[scottishborders@uksobs.org](mailto:scottishborders@uksobs.org)

#### **AFTER A SUICIDE WORKING GROUP**

Have you or someone you know lost a family member or friend to suicide? If you feel ready and able to contribute to improving the support and information available to others going through a similar experience come and join the After a Suicide Working Group. The working group are a group of people with lived experience of bereavement by suicide. The group is not a support group, but offers members the opportunity to use our lived experience to contribute to the local suicide prevention strategy.

Contact Charlotte for more information and to join the group email: [charlotte.jones2@nhs.scot](mailto:charlotte.jones2@nhs.scot)

### Various dates

#### **BORDERS IN RECOVERY GROUPS**

Borders in Recovery runs weekly Recovery Cafés in Galashiels, Eyemouth, Hawick and Peebles, open to anyone over 16 years and in recovery (substances and/or mental ill health) or supporting someone who is (friend/family). The café offers recovery support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities. Borders in Recovery also have a Weekly Music Group on a Tuesday and Recovery Coaching Training is available. There is also a Whatsapp group and SMART meetings in Peebles and Gala including a Womens SMART meeting in Gala. To find out more click [HERE](#).

### Mondays - 7-9pm

#### **ANDY'S MAN CLUB**

Andy's Man Club is a peer to peer support group for men (aged 18+) who have either been through a storm, are currently going through a storm or have a storm brewing in life. Andy's Man Club meets every Monday from 7pm (excluding English Bank Holidays).

#### **Where:**

- Gala RFC Hospitality Suite (to the right when you enter through the gate), Netherdale, Nether Road, Galashiels TD1 3HE
- Eyemouth Parish Hall, Victoria Rd, Eyemouth TD14 5JD

Find out more at <https://andysmanclub.co.uk/>

## RESOURCES

### WHAT TO DO IF YOU ARE STRUGGLING WITH STRESS

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when you feel unable to cope. As November features International Stress Awareness Week, we are sharing the NHS Inform resources for stress. These can help you to recognise the symptoms of stress and offers ways of helping to manage stress including breathing and relaxation exercises and advice on keeping a stress diary. There is also a link to the free, 8 week online course 'SilverCloud' for helping to manage stress, anxiety and depression.

Find out more from NHS Inform [HERE](#).

Anyone working in health and social care can also access Scotland's [National Wellbeing Hub](#) which includes the National Wellbeing Helpline on 0800 111 4191.

### SUPPORT FOR PEOPLE BEREAVED BY SUICIDE

If you feel affected by a suicide or know someone who has been affected, there are organisations that can help to talk through difficult emotions. It may help to talk to people who have also experienced bereavement by suicide. There are a number of different of support options available:

- **Survivors of Bereavement by Suicide (SOBS) Scottish Borders Support Group** SOBS groups are run by volunteers who have lived experience of bereavement by suicide. Meets monthly. Contact the local co-ordinator for more information on 0770 4691 111 or email [scottishborders@uksobs.org](mailto:scottishborders@uksobs.org)
- **SOBS Helpline** - 0300 111 5056 (open everyday 9am—7pm) <https://uksobs.org/>
- **Facing the Future - online suicide bereavement support group** - Developed by Samaritans and Cruse Bereavement Support to help support people who have been bereaved by suicide. Support groups run weekly for six consecutive weeks and last for 90 minutes with a maximum of eight participants. Groups are free of charge and are run by two trained volunteer facilitators. <https://www.facingthefuturegroups.org/>
- **PETAL: People Experiencing Trauma and Loss** - Offer therapy and counselling services for people who are experiencing bereavement grief and loss as a direct result of suicide. PETAL currently also provide a service for children and young people age aged between 12 and 24. People can self-refer or be referred in by another support agency. 01698 324502 [Info@petalsupport.com](mailto:Info@petalsupport.com) <http://www.petalsupport.com/>
- **Touched by Suicide Scotland** - Aims to provide a safe, confidential environment where bereaved people can share their experiences. They offer emotional and practical support in the form of a telephone helpline, help by e-mail and online one to one support. <https://touchedbysuicidescotland.wordpress.com/> Telephone Helpline: Linda 01294 274273
- **CRUSE Scotland** - Provides professional support for bereaved adults, children and families across Scotland. Also provides support to workplaces where there has been a suicide. <https://www.crusescotland.org.uk/> 0808 802 6161 Open weekdays 9am - 8pm and weekends 10am - 2pm [support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

## TRAINING

### BORDERS CARE VOICE TRAINING

#### SCOTTISH MENTAL HEALTH FIRST AID (SMHFA)

Thursday 5<sup>th</sup> December & Monday 9<sup>th</sup> December – Borders Care Voice, Triest House, Bridge Street, Galashiels TD1 1SW.

This training covers:

- How to apply the 5 steps of SMHFA
- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available

- What to say and do in a crisis
- The importance of good listening skills
- Practise listening and responding
- Understanding recovery from mental health problems
- Understanding the connection between mental health problems and alcohol and drugs
- Understanding the connection between mental health problems and discrimination
- Some basic information about common mental health problems
- Self-help information.

To book click [HERE](#)

### **SELF-HARM AND SUICIDE PREVENTION FOR CHILDREN AND YOUNG PEOPLE - SKILLED LEVEL**

**All dates are IN-PERSON at Scottish Borders Council HQ, Newtown St Boswells**

- **Thursday 21<sup>st</sup> November 2024:** 9am – 1pm (nearly fully booked)
- **Thursday 5<sup>th</sup> December 2024:** 9am – 1pm
- **Tuesday 4<sup>th</sup> March 2025:** 9am – 1pm
- **Thursday 27<sup>th</sup> March 2025:** 9am – 1pm
- **Tuesday 27<sup>th</sup> May:** 9am – 1pm

This is a bespoke half-day training session facilitated by Health Improvement Specialists from the NHS Borders Public Health Team. It is aimed at anybody working with children and young people who are likely to have direct and/or substantial contact with those who may be at risk of self-harm or suicide. The content is drawn from the NHS Education for Scotland Skilled Level packages for Self-harm and Suicide Prevention. **Anyone attending this training must first complete the Informed Level e-module 'Promoting children and young people's mental health and preventing self-harm and suicide' on the NHS 'TURAS' website.** Email [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) to register for one of the dates at SBC HQ

### **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

Applied Suicide Intervention Skills Training ASIST is a 2-day intensive, interactive and practice dominated course, aimed at enabling people to spot the risk of suicide and provide immediate help to someone at risk of suicide. In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid.

Next available training dates coming up in November 2024 (currently fully booked) & January 2025.

**To be added to the distribution list to be informed when the booking goes live please email:**

[health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

### **MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION**

There are now two catalogues available on the Wellbeing point that set out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention, one for adults and one for people working with children and young people. **You can download the Adults catalogue (PDF) [HERE](#) and the Children and Young People's catalogue (PDF) [HERE](#).**

### **SELF HARM NETWORK SCOTLAND TRAINING**

The Self-Harm Network Scotland, run by Penumbra, has a number of free training opportunities coming up about self-harm.

**1-hour Self-Harm Awareness Session** - for anyone in Scotland who is interested in learning more about self-harm. This includes professionals, parent's, carers and loved ones. It is delivered in a webinar/seminar style with a presentation and time at the end for questions. The topics covered in this session include:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Functions of self-harm

- Starting the conversation about self-harm
- Resources and support available

**3 hour Self-Harm Awareness Training (for professionals)** - will dive deep into the underlying reasons for self-harm and give information, tools and resources that can be used to support people who self-harm.

These sessions will cover topics including:

- Underlying causes of self-harm
- Functions of self-harm
- Practical guidance in supporting people who self-harm

To find out more and book click [HERE](#)

**LIVING WORKS START SUICIDE PREVENTION MODULE** self-directed learning (60 – 90 mins)

This online course is a good introduction to learning suicide prevention skills, from the provider of the ASIST course. LivingWorks Start teaches you to recognise when someone is thinking about suicide and connect them to help and support. Using a four-step model to keep someone safe from suicide, you will have the chance to practice your skills with simulated conversations. Links to safety resources and support are available throughout.

To register for a licence email [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

## GET IN TOUCH

This information bulletin was produced by Charlotte Jones, Health Improvement Specialist (Mental Health and Suicide Prevention) and Steph MacKenzie, Health Improvement Specialist (Mental Health) Joint Health Improvement Team, Public Health. If you'd like to join our mailing list or talk to us about any of the news, events, resources or training above, you can get in touch with us by emailing [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)



For our updates on Facebook please follow [NHS Borders Small Changes, Big Difference](#)



For our updates on Instagram please follow [@small\\_changes\\_nhs\\_borders](#)



### CREATING HOPE WEB PAGES

We are building new web pages, you can find them here:

[www.nhsborders.scot.nhs.uk/creating-hope](http://www.nhsborders.scot.nhs.uk/creating-hope)



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