



Creating Hope

Scottish Borders

CHILDREN AND YOUNG PEOPLE'S TRAINING CATALOGUE

Developing Your Knowledge and Skills in Mental Health Improvement and Prevention of Self-Harm and Suicide

There are two Knowledge and Skills Frameworks that are relevant as the Prevention of Self-Harm and Suicide is embedded within the adults framework.

Both frameworks are produced by NHS Education for Scotland:

[1. Children and Young People's Mental Health and Wellbeing: Knowledge and Skills Framework](#)

[2. Knowledge and Skills Framework for Mental Health Improvement, Self-Harm and Suicide Prevention](#)

There are four levels of practice in the Knowledge and Skills frameworks:

- Informed
- Skilled
- Enhanced
- Specialist

These levels are based on the nature and frequency of contact staff have with people who may be at risk of, or affected by, mental ill health, self-harm or suicide.

This catalogue covers the Informed and Skilled level learning opportunities that are freely available.

Support

Sometimes people can find learning about mental health improvement, self-harm and suicide brings up difficult emotions. If you are in need of support help is available:

- **Samaritans** 116 1 23 (24/7)
- **Breathing Space** 0800 838587 (Mon-Thurs 6pm-2am; Fri 6pm—Sun 6am)
- **Text SHOUT** to 85258 (24/7)
- **Papyrus HOPELINE247** 0800 068 41 41—includes a **debrief service** for any professional who has had an encounter with suicide
- **NHS 24 Mental Health Hub** 111 (24/7)
- [Togetherall](#) digital mental wellbeing support

Local online resources including self help and bereavement support information



Creating Hope
Scottish Borders

INFORMATION HUB

Mental Health
Wellbeing
Suicide Prevention

www.nhsborders.scot.nhs.uk/creating-hope

If you'd like to get in touch to discuss the needs of your team, or aren't sure which option would be most appropriate please contact: health.improvement@borders.scot.nhs.uk





Mental Health Improvement and Prevention of Self-Harm and Suicide: **Informed Level**

Who is the 'Informed Level' training for?

The 'Informed Level' provides the **essential knowledge and skills required by all staff working in health and social care** to contribute to mental health improvement and the prevention of self-harm and suicide.

This level is also **applicable more broadly, and can have relevance to everyone, in any workplace, workforce or community** who has the opportunity and ability to positively impact on their own and others.

There are a number of learning resources available at the 'Informed Level' designed to meet the needs of your role.

These currently include online self-directed learning modules that you can access at any time. Facilitated sessions can also be arranged - these options vary in length of time and in content depending on the learning need

Informed level e-module - Promoting children and young people's mental health and preventing self harm and suicide

This module is for staff working in health, care and wider services in Scotland who support children and young people who may be at risk of poor mental health, self harm or suicide. The aim is to help workers to understand the factors that influence mental health and resilience in children and young people, 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.

It includes understanding the relationship between self harm and suicide risk, and understanding the importance of asking about and talking about self harm and suicide with children and young people.

Completion Time: 30 minutes

Course structure:

Self-directed e-learning module on the NHS 'TURAS' website (you will need to register for an account before you can access this)

[Promoting children and young people's mental health and preventing self harm and suicide | Turas | Learn \(nhs.scot\)](#)

The Self-Harm Network Scotland, run by Penumbra - self-harm training opportunities

1-hour Self-Harm Awareness Session

This session is for anyone who is interested in learning more about self-harm. 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: Understanding and supporting people who self-harm

This session is designed to provide a deeper understanding of self-harm and give more in-depth information on how we can support someone who self-harms. This session includes some group activities and discussions and includes all of the topics from the 1-hour session, plus the following topics:

- The cycle of self-harm
- The Time Space Compassion principles
- Harm minimisation

For more information visit

www.selfharmnetworkscotland.org.uk/training/



Mental Health Improvement and Prevention of Self-Harm and Suicide: **Skilled Level**

Who is the 'Skilled Level' training for?

The 'Skilled Level' describes the knowledge and skills required by **'non-specialist' front line staff** working in health, social care, wider public and other services.

These workers are **likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide**, meaning that they have an important contribution to make in mental health

What learning options are available at the 'Skilled' level?

A series of self-directed e-learning modules on the NHS 'TURAS' website

There are [five free e-learning modules](#) (or 'learning bytes') focused on different topics. While they are not solely focused on children and young people, they cover the whole lifespan and include relevant case studies. The **'Supporting People at Risk of Suicide'** learning byte contains a specific section about children and young people who may be at risk of suicide. The learning bytes are designed to be used flexibly by individuals, teams, organisations and training providers to meet local learning and development needs and priorities. Please allow 3 - 4 hours to complete each module:

1. **Promoting Mental Health and Tackling Inequalities - [Learning Byte 1](#)**
2. **Supporting people in Distress and Crisis - [Learning Byte 2](#)**
3. **Supporting People at Risk of Suicide - [Learning Byte 3](#)**
4. **Supporting people at Risk of Self-Harm - [Learning Byte 4](#)**
5. **Supporting Recovery and Quality of Life for People Living with Mental Ill-Health—[Learning Byte 5](#)**

Training sessions delivered face to face - see the next page for full information

A bespoke facilitated session covering **Self Harm and Suicide Prevention for Children and Young People** is available which is drawn from the NHS Education for Scotland Skilled Level content. Anyone attending this training must first complete the Informed Level e-module.

Both **Scottish Mental Health First Aid (SMHFA)** and **Applied Suicide Intervention Skills Training (ASIST)** are certificated two day courses that must be delivered face to face and participants must attend both days in full. **Wave After Wave**, a half day course about suicide bereavement, is also available.



Children and Young People's Mental Health and Wellbeing

A Professional Learning Resource for All School Staff

This is a Scottish Government resource that has been designed for all staff working in schools across Scotland. It is open access and available to anyone who may find it of benefit.

There are four main sections split into bitesize topics:

- An overview of mental health and wellbeing
- Factors influencing mental health and wellbeing
- Applying prevention based approaches to mental health and wellbeing in schools
- School staff wellbeing

Sign up here:

www.cypmh.co.uk

Skilled Level face-to-face training programmes

Self-Harm and Suicide Prevention for Children and Young People training

This is a bespoke half day facilitated training session covering **Self-Harm and Suicide Prevention for Children and Young People**. 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 Learning Bytes 3 and 4 (see above).

The session covers: Facts and trends associated with self-harm and suicide in young people; common risk, protective and stress factors related to self-harm and suicide in young people; an awareness of the impact a sensitive, compassionate approach can achieve when discussing self-harm and suicide (using the principles of Time, Space and Compassion); the links between self-harm, suicidal thoughts and trauma informed practice and; approaches to support including the steps involved in safety planning.

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'.

Contact health.improvement@borders.scot.nhs.uk for course information and dates.

Scottish Mental Health FIRST AID Training



This 2-day training course offers basic general information about mental ill-health. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. **N.b. this is the ADULTS version of the course.**

It also helps mental health first aiders to assist those with mental ill-health and mental illness, to enable them to get help and to help themselves, and to support them in recovery. Certificated by Public Health Scotland.

Contact training@borderscarevoice.org.uk for course dates and information.

Applied Suicide Intervention Skills Training (ASIST)



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.

ASIST is delivered a number of times throughout the year in the Scottish Borders.

Contact health.improvement@borders.scot.nhs.uk to be added to the waiting list and to be the first to hear



Wave After Wave

Providing a Compassionate Response After Suicide Bereavement

The aim of the Wave After Wave Bereavement Training is to ensure that all staff, peer supporters and volunteers coming into contact with people bereaved by suicide have an understanding of the complex nature and impact of a suicide bereavement and are able to provide a compassionate and sympathetic response whilst also being aware of the impact of their work on their own wellbeing.

The half day training is face to face and is delivered by Borders Care Voice.

Contact training@borderscarevoice.org.uk for course dates and information.



Safety Planning & further learning options

Papyrus - Prevention of Young Suicide

Papyrus is the UK charity dedicated to the prevention of suicide in young people. As well as a dedicated 24hr suicide prevention helpline (number below) it also has excellent advice and downloadable resources.

Hopeline also offers a debrief service for professionals and first responders who are supporting young people experiencing thoughts of suicide.

Find out more at

<https://www.papyrus-uk.org>

HOPELINE247 - 0800 068 41 41

Self-harm Network Scotland

Self-harm Network Scotland is a website hosted by Penumbra. It has information and resources about self-harm and can help people who need help with their own self-harm and people who are worried about someone else who self-harms. It has a section designed for teachers, carers, professionals and anybody else who is working with someone who self-harms. There is also a series of useful 'In conversation' videos peer practitioners who have lived experience of self-harm.



Find out more at

<https://selfharmnetworkscotland.org.uk>

SafeTALK

SafeTALK is a four-hour face-to-face workshop featuring presentations, audiovisuals, and skills practice.



At a SafeTALK workshop, you'll learn how to prevent suicide by recognising signs, engaging someone, and connecting them to an intervention resource for further support.



Contact training@borderscarevoice.org.uk for course dates and information.

Safety Planning

A safety plan is a tool for helping someone navigate suicidal feelings and urges. It's never too early to start to think about making a safety plan with a young person you may have concerns about.

If possible try to make a safety plan with the young person when they are calm and not in crisis. To be effective, a safety plan needs to feel do-able and be focused on the young person's needs. There are various online safety planning tools:

- [Self-Harm Network Scotland](#)
- [Papyrus](#)
- [Staying Safe](#) (NHS Inform links to this safety plan)
- [Samaritans](#)
- [Autism Adapted Safety Plan](#)

Trauma Informed Training Programme

We all have a role to play in understanding and responding to people affected by psychological trauma. This website provides information on the training and education resources developed by the National Trauma Training Programme to support the skills and knowledge of the whole Scottish workforce.

More information is available here: <https://transformingpsychologicaltrauma.scot/>

Public Mental Health

This e-learning session provides a good introduction to population level mental health. The module takes about 40 minutes to complete and is aimed at all practitioners and trainees in public health, primary care, secondary mental health, social care and commissioning as well as policy makers at local and national levels.

<https://www.minded.org.uk/Component/Details/632895>

Resources to support organisations

The United To Prevent Suicide website has information to support organisations to take action around mental health improvement and suicide prevention: <https://unitedtopreventsuicide.org.uk/organisations/>