

Upcoming awareness dates:

[Stress Awareness Month](#): April 2025

[Mental Health Awareness Week](#): 12-18 May 2025



NEWS

SUICIDE PREVENTION SERVICES DIRECTORY

Suicide Prevention Scotland are developing an online portal to serve as a gateway from where everyone affected by suicide can be signposted swiftly to a curated and streamlined selection of high quality services, resources, tools and contacts according to their needs. The Suicide Prevention Scotland online portal will include a directory of organisations providing suicide prevention services in Scotland to help people identify and contact the services most suitable to their needs. If you wish to apply to have your organisation listed on the services directory please complete and submit the registration form [HERE](#).

Please note: If your organisation provides suicide prevention services from more than one location you should complete a registration form for each location point, as this will help people find the service nearest to them. Submission of this form does not guarantee inclusion in the services directory. Your information will be reviewed and we may contact you for further information before reaching a final decision.

CREATING HOPE AWARDS

Congratulations to the **Borders Group of Riding for the Disabled** and to **Kelso Rugby Football Club** who have both achieved the Creating Hope Award in March.

Steph MacKenzie was also delighted to visit Rachel, Lynsey and colleagues at Buccleuch House, the Enterprise, Learning and Outreach Centre in Newcastleton recently to present the Creating Hope Award to Newcastleton and District Community Trust and to hear more about how they are working towards creating a mentally healthy and suicide safer community in the village. You can find out more about the work of the team via their [Facebook page](#).



MENTAL HEALTH AWARENESS WEEK 2025: CALL TO ACTION!

This year the theme for Mental Health Awareness Week is 'Community' – the Mental Health Foundation wants to use the week to celebrate the power and importance of community. They have written a [blog](#) about why community is vital for our mental health and wellbeing and are encouraging people and organisations to get involved by holding their own activities and events during the week.

- You can find out more about the week by visiting the [Mental Health Foundation website](#)
- Why not make a pledge to cultivate your own mentally healthy community by signing up to our local Creating Hope Awards scheme? You can find out more and sign up [HERE](#)
- If you have a story to share about how your community is supporting good mental health, send it to stephanie.mackenzie3@nhs.scot and we'll feature it in next month's newsletter!



TUESDAY 1ST APRIL: 10-10:45AM

TUESDAY 1ST APRIL: 4-4:5PM

THURSDAY 3RD APRIL: 12:30-1:15PM

KOOTH TALKS WEBINARS FOR SCOTTISH PROFESSIONALS

Kooth is the local authority commissioned anonymous, digital mental wellbeing support platform for young people in Scotland. They are running FREE webinars on the accessible support Kooth offers and resources to help navigate Suicide Prevention and Awareness. This FREE, 45 minute session is designed for all professionals in a position to support or signpost children and young people in Scotland.

To register for a webinar click [HERE](#)

HEALTH IN MIND NEW WELLBEING COURSES

Health in Mind have announced new Spring/Summer dates and locations for their wellbeing workshops in the Scottish Borders. The groups and workshops have been developed through consultation with local people and can be accessed via self-referral or a referral by someone else. The wellbeing workshops will focus on developing coping strategies, self-management, and peer support in a flexible and welcoming environment.

The Spring/Summer workshops commence in April and are available in Peebles, Galashiels, Hawick, Duns, Kelso as well as online. For more information click [HERE](#)

Mondays - 7-9pm

ANDYS MAN CLUB

Andys 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. Andys 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
- Vale of Leithen Social Club, 2 Leithen Crescent, Innerleithen, EH44 6JL

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

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

PEEBLES - Wednesday 9th April, 10am – 12:30pm, Costa Coffee

HAWICK - Thursday 10th April, 10am – 12:30pm, Heart of Hawick

KELSO - Wednesday 16th April, 10am – 12.30pm, Mayfield Garden Centre

GALASHIELS - Wednesday 23rd April, 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

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.

For more information email: health.improvement@borders.scot.nhs.uk

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 or mental ill health) or supporting someone who is (friend/family). The cafés offer a free hot meal, peer 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](#).**

RESOURCES

Stress Awareness

As April is Stress Awareness month, we thought we would share some information and resources about stress. Stress is a natural response to challenges and pressures and can help us to be alert and productive. However, if levels become too high it can have a negative impact on our behaviours and emotional, mental and physical wellbeing. This Stress Awareness Month, try to:

- **Talk about stress and its effects with friends, family and colleagues.** By talking openly, we reduce any associated stigma.
- **Share your coping strategies.** Whether it is exercise, meditation, music or journaling – if something has worked for you it might also benefit someone you care about.
- **Recognise stress in others.** We will all experience stress at some points in our lives so treat other people with compassion and empathy.
- **Look after yourself.** Take time out of your day to relax or do something you enjoy. Try one of these ten stress busters from NHS Inform - [10 stress busters | NHS inform](#)

You can find out more about managing stress from the National Wellbeing Hub - [Managing Stress - National Wellbeing Hub](#)

Time Space Compassion Podcasts

Available, wherever you get your podcasts, Time Space Compassion season 02 podcasts are now available. You can find more information about the latest three episodes to launch on [Suicide Prevention Scotland's podbean account](#). The podcasts include episodes on:

- Trauma
- Lived Experience and Peer Support
- Unscheduled Care
- Primary Care

Learn to Listen with Breathing Space

On 1st February, NHS 24 celebrated a successful Breathing Space Day by launching the 'Learn to Listen' campaign. This initiative underscores the crucial role that active listening plays in mental health support and suicide prevention. Breathing Space, part of NHS 24's mental health services, provides free and confidential phone or web chat support for anyone in Scotland aged 16 and over experiencing low mood, depression, or anxiety.

Breathing Space's 'Learn to Listen' tips include:

- Be attentive: Eliminate distractions, maintain eye contact, and show genuine interest.
- Listen without judgement: Create a safe space for open sharing without criticism.
- Reflect and clarify: Repeat and ask questions to ensure understanding.
- Validate feelings: Acknowledge emotions and experiences with empathy.
- Use non-verbal cues: Nod, smile, and use open body language to show attentiveness.
- Be patient and allow for silence: Let the speaker express themselves fully without rushing.
- Ask open-ended questions: Encourage deeper conversation with thoughtful questions.
- Offer support, not solutions: Sometimes just listening is the best support you can offer.

A campaign toolkit is available for partners to download [HERE](#), providing further resources and support to promote this initiative.

TRAINING

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

- **Tuesday 27th May:** 9am – 1pm
- **Tuesday 28th October:** 9am – 1pm
- **Tuesday 11th November:** 9am – 1pm
- **Thursday 5th March 2026:** 9am – 1pm
- **Thursday 21st May 2026:** 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 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.

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

health.improvement@borders.scot.nhs.uk

MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION

There are two catalogues available 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.

Download the Adults catalogue (PDF) [HERE](#)

NEW – download the updated 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.
- **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.

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

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



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

Creating Hope
Scottish Borders

