

# Mental Health Improvement and Suicide Prevention

## Information Bulletin - Events / Resources / Training



### Issue 1: May 2021

#### Key 'awareness' dates

- [Scottish Mental Health Arts Festival: 3 – 23 May](#) Exploring the theme of 'Normality?'
- [Mental Health Awareness Week: 10 – 16 May](#) Recognising our connection with nature and the natural world as central to our psychological and emotional health.

## EVENTS

### **MONDAY 3<sup>RD</sup> MAY – SUNDAY 23<sup>RD</sup> MAY**

#### **'MY FRAME OF MIND' FILM ON YOUTUBE**

An ambitious and innovative photographic project by 'At Birkhill House' for the Scottish Mental Health Arts Festival. This film, curated as a hand-made leather bound book by Lara Armitage, examines the types of things that have helped people stay positive throughout lockdown.

To view the film from 3<sup>rd</sup> May click [here](#)

### **MONDAY 3<sup>RD</sup> MAY: 3.30PM (60 mins)**

#### **'THE EILDON TREE LAUNCH' ONLINE CREATIVE PUBLICATION**

To coincide with the Scottish Mental Health Arts Festival, Live Borders will launch a new issue of The Eildon Tree, exploring the theme of 'Normality' through new poetry and prose from the Scottish Borders and beyond. The new issue will be available to download and read from 3<sup>rd</sup> May [here](#).

For more information, visit [The Eildon Tree page at Live Borders](#).

### **TUESDAY 4<sup>TH</sup> MAY: 12.00 NOON (60 mins)**

#### **'HEALING THE LOSS' FILM SCREENING AND DISCUSSION ON ZOOM**

Screening of a new film by the Scottish Borders After A Suicide Working Group, produced by Alchemy Film and Arts. Followed by discussion around experiences of bereavement by suicide and suicide prevention. Part of the Scottish Mental Health Arts Festival.

To register for a free ticket on Eventbrite click [here](#)

### **TUESDAY 11<sup>TH</sup> MAY: 12.00 NOON (30 mins)**

#### **'TAKE SOME BREATHING SPACE WITH NHS 24' BITESIZE INFORMATION SESSION ON MS TEAMS**

Join Lisa-Jane Dock, NHS 24's National Development Officer for Breathing Space and Living Life, to find out more about the NHS 24 services that support the nation's mental health and wellbeing.

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

### **WEDNESDAY 12<sup>TH</sup> MAY: 10.30AM (90 mins)**

#### **'CREATIVE WRITING FOR WELLBEING – NATURE' WORKSHOP ON ZOOM**

Facilitated by writer Helen Boden on Zoom, this creative writing workshop is an opportunity to try out a variety of approaches to writing about nature as part of Mental Health Awareness Week. No previous experience is necessary. Places are limited to 12 per session.

To register for a free ticket on Eventbrite click [here](#)

### **THURSDAY 13<sup>TH</sup> MAY: 1.00PM (30 mins)**

## **'LOOK AFTER YOUR MENTAL HEALTH' BITESIZE INFORMATION SESSION ON MS TEAMS**

Join our Health Improvement Team for this information session based on the Six Ways to Be Well and find out more about how to protect your mental health and promote your mental wellbeing.

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

### **WEDNESDAY 19<sup>TH</sup> MAY: 10.30AM (90 mins)**

#### **'CREATIVE WRITING FOR WELLBEING – NORMALITY?' WORKSHOP ON ZOOM**

Facilitated by writer Helen Boden on Zoom, this creative writing workshop is an opportunity to try out a variety of approaches to writing about what is normality as part of the Scottish Mental Health Arts Festival. No previous experience is necessary. Places are limited to 12 per session.

To register for a free ticket on Eventbrite click [here](#)

## **RESOURCES**

### **New NHS Borders Money Worries App**

NHS Borders, Scottish Borders Council and Third Sector partners have worked together to create the new NHS Borders Money Worries App, designed to help Borders residents affected by a wide range of financial concerns. The App can be downloaded by searching for NHS Borders Money Worries App on either the Apple App store or Google Play store or directly at:

[Android](#)

[Apple](#)

### **Wellbeing Point**

A reminder that the NHS Borders Wellbeing Point has links to many resources including the Six Ways to Be Well planner and rebranded United To Prevent Suicide resources – a new lifelines card and Be Suicide ALERT leaflet are now available.

[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

### **Clear Your Head website**

This Scottish Government website has lots of ideas for looking after your mental wellbeing including some new 'Spring tips' <https://clearyourhead.scot/spring>

As the restrictions are eased the Clear Your head website is continuing to be developed. You can also find further guidance on NHS Inform '[Together let's care for your Mental Health](#)'

## **TRAINING**

### **TUESDAY 1<sup>ST</sup> JUNE: 1.00PM (45 MINS)**

#### **'UNITED TO PREVENT SUICIDE' BITESIZE INFORMATION SESSION ON MS TEAMS**

Everyone has a role when it comes to suicide prevention. This bitesize information session with the Joint Health Improvement Team introduces three ways that you can take action to help make the Scottish Borders a suicide safer community. You'll find out more about the facts when it comes to suicide and learn about how you can use the suicide ALERT model to talk with someone who is experiencing suicidal thoughts. Together we can save lives, so let's talk suicide.

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

**18 & 25 MAY, 6.30PM - 8PM AND 22 & 29 JUNE, 2.00PM - 3.30PM**

## **INFORMED LEVEL MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION TRAINING**

**Two x 90 minute sessions delivered via MS Teams**

This course will help you to understand mental health and how to look after your mental health, support you to have compassionate conversations with people who may be experiencing mental distress or who are at risk of suicide and to learn more about suicide prevention and keeping people safe.

**This training is delivered by Borders Care Voice**

**To register for a place email [training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk)**

### **E-LEARNING – access anytime**

**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:

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If you'd like to join our mailing list or talk to us about any of the 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)



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