



Issue 2: June 2021

Key 'awareness' dates

- **Men's Health Week: 14 – 20 June** Asking the question: when it comes to men, mental health and Covid-19, what next?

NEWS

KELSO RFC TACKLING THE STIGMA AROUND MENTAL HEALTH

Kelso Rugby Football Club has been working in partnership with the Local Area Coordination Team and Joint Health Improvement Team to develop the Club's role in supporting the wellbeing of members and to tackle the stigma around mental health. The partnership was launched during Mental Health Awareness Week when a video was released exploring mental health, the impact of Coronavirus restrictions on Club members and ideas for what you can do to look after your mental health. **Watch the video here:** <https://vimeo.com/547097270>

SUPPORT FOR PEOPLE BEREAVED BY SUICIDE

Last month during the Scottish Mental Health Arts Festival a film was launched to explore the experience of people in the Borders who are bereaved by suicide, you can watch the film [here](#). The film is part of a wider work stream to explore the support available for people bereaved by suicide in the Borders. This work has been led by the After A Suicide Working Group which is a group of people with lived experience of bereavement by suicide who feed into the local suicide prevention action plan. **To find out more about the work of the After A Suicide Working Group contact** health.improvement@borders.scot.nhs.uk

NEW 'BEWELL' PROJECT IN BERWICKSHIRE

Berwickshire Housing Association (BHA) has joined forces with Penumbra on a new pilot project aimed at supporting the mental health and wellbeing of its tenants. The 'BeWell' project is an 18-month pilot support service for BHA tenants (adults 16+) who have additional mental health and wellbeing support needs that impact on their ability to positively manage their tenancy. This includes early intervention to prevent tenancy breakdown.

For further information email: BHAComms@berwickshirehousing.org.uk

EVENTS

THURSDAY 17TH JUNE: 13.00PM (90mins)

HEARING THE VOICES OF MEN IN THE SCOTTISH BORDERS

This webinar will explore the findings of research conducted by Health in Mind and the Joint Health Improvement Team about men's mental health in the Borders. The session will draw from the local research findings to consider what support men would like to improve their mental health, how they would like to access information about mental health and wellbeing and what men are doing to look after their mental health.

To register for a place email health.improvement@borders.scot.nhs.uk

RESOURCES

BROTHERS IN ARMS

A mental wellbeing digital platform that empowers men to support themselves. Includes the NHS approved 'BrothersThrive' mental wellbeing App which has a range of digital support modules and access to a wellbeing coach. Also includes the 'BrothersStayAlive' suicide prevention App.

<https://www.brothersinarmsscotland.co.uk/>

UNITED TO PREVENT SUICIDE – LIFELINES CARDS

United to Prevent Suicide is the new suicide prevention campaign for Scotland. Following this rebrand from the previous 'Choose Life' materials the Joint Health Improvement Team are updating suicide prevention resources. If you would like to order further 'Lifelines cards' contact

health.improvement@borders.scot.nhs.uk

WELLBEING COLLEGE 'BITESIZE' RECORDINGS

Health in Mind is currently developing a series of 'Bitesize' recorded sessions about different wellbeing topics that will be available via the [Wellbeing College website](#). The first bitesize topic is 'Sleep' which is being launched in early June. To access the session directly visit this [You Tube link](#)

NHS BORDERS WELLBEING SERVICE SELF-HELP BOOKLETS

NHS Borders has a series of wellbeing guides that are available to download as PDFs from the NHS Borders website. They contain information about specific problems such as anxiety, bereavement, self-esteem and stress and all have helpful strategies to help you improve how you are feeling, details of further reading, websites and contact details for organisations that might be useful for you. To access the guides visit this webpage: <http://www.nhsborders.scot.nhs.uk/staying-healthy/wellbeing/wellbeing-booklets/>

TRAINING

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 (must attend both sessions)

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.

Training delivered by Borders Care Voice - to register email 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

GET IN TOUCH

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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



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