



Issue 3: July 2021

Upcoming awareness dates:

- Suicide Prevention Awareness Week 6-10th September
(World Suicide Prevention Day on 10th September)
- World Mental Health Day – 10th October

NEWS

NEW ONLINE MENTAL HEALTH AND WELLBEING SERVICES

Our mental health provision for young people, their families and Borders residents in general has been enhanced with the launch of two new mental health and wellbeing support services. The new services are being funded through the Scottish Government's Community Health and Wellbeing Fund, established to respond to children and young people's mental health issues, but also to support the family and social network around them. The new services which will supplement and support the work already in place across the Borders. The two new services are:

Kooth - support for young people aged 11-18

Kooth is an online counselling and emotional wellbeing support service providing young people age 11-18 (up to age 19) with a safe and secure means of accessing support from a professional team of qualified counsellors.

Togetherall - support for anyone aged 16 and over

Togetherall provides a supportive, online community for all residents aged 16 and over living within the Scottish Borders. Trained professionals are available 24/7 and there is a choice of safe therapeutic services, including online self-help courses.

Both services are free to use and completely anonymous. They are available 24 hours a day, seven days a week and can be accessed online from any device at: [Kooth](#) and [Togetherall](#)

NEW BEST PRACTICE LEARNING NETWORK

In July we will be launching a new 'Best Practice Learning Network' for the Skilled Level of the [Knowledge And Skills Framework For Mental Health Improvement, Self-Harm And Suicide Prevention](#).

The new network will supplement learning about the five Skilled Level topics:

- Promoting Mental Health and Tackling Inequalities
- Supporting people in Distress and Crisis
- Supporting People at Risk of Suicide
- Supporting people at Risk of Self-Harm
- Supporting Recovery and Quality of Life for People Living with Mental Ill-Health

The network is being launched at an introductory webinar on **Thursday 22nd July at 10.00am.**

To find out more about the new network or register for the introductory webinar contact health.improvement@borders.scot.nhs.uk

MEN'S MENTAL HEALTH RESEARCH FINDINGS

Hearing the Voices of Men in the Scottish Borders: Developing connected communities

Last month new research exploring the experience of men in relation to mental health was launched by Health in Mind and the Joint Health Improvement Team. The research looked at the experience of men in looking after their mental health, seeking support and access to mental health services. The findings explore a positive correlation between those who regularly engage in one or more of the 'Six Ways to Be Well' and improved mood. The findings also consider potential barriers that men may experience in accessing mental health services.

You can access the full report and recommendations [here](#).

EVENTS

MONDAY 9TH AUGUST: 4.00PM

AFTER A SUICIDE WORKING GROUP

Have you lost a family member or friend to suicide? Are you ready to contribute to improving the support and information available to others going through a similar experience?

Come and join us: We 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. We meet every 6 weeks via MS Teams and are currently working on an annual memorial event for people bereaved by suicide, improving the information available to people bereaved by suicide and mapping local support in the Borders. If you would like to find out more or come along to the group please get in touch directly with Jenny Lees, Health Improvement Specialist (Suicide Prevention).

Email jenny.lees@borders.scot.nhs.uk

RESOURCES

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' VIDEOS

Health in Mind is continuing to develop it's 'bitesize' video content. Two videos are now available:

- How Breathing Can Help
- Understanding Sleep and some ways to improve it

The videos are available on the Wellbeing College website [HERE](#)

FEEL BETTER AS THINGS GET BUSIER

It's only natural to feel nervous or anxious as restrictions change and uncertainty about what is happening with the Coronavirus continues. The Scottish Government's 'Clear Your Head' website has a good range of tips and ideas for helping to keep grounded and keep life feeling more manageable.

For more information visit <https://clearyourhead.scot/feel-better>

TRAINING

INFORMED LEVEL MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION TRAINING

Two x 90 minute sessions delivered via MS Teams (must attend both sessions)

Now booking for:

Evening course - Tues 24th and Weds 25th August: 6.30pm – 8.00pm

Afternoon course - Mon 13th and Mon 20th September: 2.00pm – 3.30pm

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

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



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