



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

The Knowledge and Skills Framework for Mental Health Improvement and Prevention of Self-Harm and Suicide was produced by NHS Education for Scotland and Public Health Scotland to support staff across the public sector and beyond to develop the knowledge and skills needed to promote good mental health and wellbeing across the whole population and to prevent mental ill health, self-harm or suicide. You can view the framework by clicking [HERE](#)

There are four levels of practice in the framework, Informed, Skilled, Enhanced and 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.

## 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' mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.



## What learning options are available at the 'Informed Level'?

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 and facilitated sessions via MS Teams and a written briefing for staff. The training options vary in length of time and in content so that you have a choice about which option is most appropriate. Details of training options are available on the next page.

Further learning modules specific to adults that work with children and young people or a learning resource for managers about workplace mental health are available [HERE](#).

Other resources to support mental health improvement and to help prevent suicides are available on NHS Borders Wellbeing Point:

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

You can download a written 'Be Suicide ALERT' staff briefing [HERE](#).

**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 either:**

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## United to Prevent Suicide

### Bitesize information session

Everyone has a role when it comes to suicide prevention. This session introduces three ways that you can take action to help make the Scottish Borders a suicide safer community. You'll find out about the facts around 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.

**Course structure:** 45mins presentation via MS Teams by Joint Health Improvement Team

#### Key features:

- Open to anyone
- Awareness session around approaches to suicide prevention
- Presentation only so no discussions
- Provides awareness of ALERT suicide prevention model
- Signposting to local support services
- Opportunity for some questions at the end
- Further information on follow up training

Contact [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) to register

## LivingWorks Start

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.

**Course structure:** 60-90mins e-learning module by Living Works

#### Key features:

- Open to anyone
- Online only so can be completed at any time
- Overview of TASC suicide prevention model
- Useful introduction or refresher
- Not recommend for people affected by suicide – please get in touch if you'd like to discuss further
- Support information sent to identified management contact / supervisor

Contact [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) to register

## Be Suicide ALERT

The Be Suicide ALERT training session helps you to recognise the signs that someone might be thinking of suicide, feel more confident in asking about suicide and know where to signpost for further help, including information about local support agencies. Through this session you'll have the opportunity to consider your role in suicide prevention and how the ALERT model can be applied in practice.

**Course structure:** 1hr– 1hr30min facilitated via MS Teams by Joint Health Improvement Team

#### Key features:

- Particularly useful for health and social care or frontline staff
- Can be offered to organisations / teams
- Facilitated small groups via MS Teams
- Learn to apply the ALERT suicide prevention model
- Signposting to local support services
- Opportunity to discuss as a group to further to consolidate learning
- Useful introduction or refresher
- Session facilitators are available after the training for follow up questions or support

Contact [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) to register

## Mental Health Improvement and Suicide Prevention— Informed Level



This digital training package has been developed by Public Health Scotland and adapted locally. The 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.

**Course structure:** 2x 90min sessions delivered via MS Teams by Borders Care Voice

#### Key features:

- Open to anyone
- Facilitated small groups via MS Teams
- Good introduction to mental health improvement and suicide prevention
- Opportunity for discussions to consolidate learning
- Learn to apply the ALERT suicide prevention model
- Session facilitators are available after the training for follow up questions or support

Contact [training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk) to register