

# CHILDREN AND YOUNG PEOPLE'S TRAINING CATALOGUE

## Developing Your Knowledge and Skills in Mental Health Improvement and Prevention of Self-Harm and Suicide

There are two Knowledge and Skills Frameworks that are relevant as the Prevention of Self-Harm and Suicide is embedded within the adults framework.

Both frameworks are produced by NHS Education for Scotland:

[1. Children and Young People's Mental Health and Wellbeing: Knowledge and Skills Framework](#)

[2. Knowledge and Skills Framework for Mental Health Improvement, Self-Harm and Suicide Prevention](#)

There are four levels of practice in the Knowledge and Skills frameworks:

- Informed
- Skilled
- Enhanced
- 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.

**This catalogue covers the Informed and Skilled level learning opportunities that are freely available.**



### Support

Sometimes people can find learning about mental health improvement, self-harm and suicide brings up difficult emotions. If you are in need of support help is available:

- Samaritans 116 1 23 (24/7)
- Breathing Space 0800 838587 (Mon-Thurs 6pm-2am; Fri 6pm—Sun 6am) Webchat available Mon-Fri 6pm-2am; Sat/Sun 4pm-midnight)
- Text SHOUT to 85258 (24/7)
- [Togetherall](#) digital mental wellbeing support

### Local resources

You can download our 'Young People's Guide to Mental Health and Wellbeing' [HERE](#).

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

Other resources to support mental health improvement and to help prevent suicide are available at:

**NHS Borders Wellbeing Point:**

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

**Suicide Prevention Information Hub:**

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

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





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

## 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.

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 that you can access at any time. Facilitated sessions can also be arranged - these options vary in length of time and in content depending on the learning need (dependent on trainer availability).

## Informed level e-module - Promoting children and young people's mental health and preventing self harm and suicide

This module is for staff working in health, care and wider services in Scotland who support children and young people who may be at risk of poor mental health, self harm or suicide. The aim is to help workers to understand the factors that influence mental health and resilience in children and young people, engage proactively with children and young people about mental health, self harm, and suicide and recognise when to seek help to support those in their care.

It includes understanding the relationship between self harm and suicide risk, and understanding the importance of asking about and talking about self harm and suicide with children and young people.

**Completion Time:** 30 minutes

### Course structure:

Self-directed e-learning module on the NHS 'TURAS' website (you will need to register for an account before you can access this)

[Promoting children and young people's mental health and preventing self harm and suicide | Turas | Learn \(nhs.scot\)](#)

## 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—useful introduction / refresher
- Online only so can be completed at any time
- Overview of TASC suicide prevention model
- 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

Licences are provided free.

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



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

## Who is the 'Skilled Level' training for?

The 'Skilled Level' describes the knowledge and skills required by **'non-specialist' front line staff** working in health, social care, wider public and other services.

These workers are **likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide**, meaning that they have an important contribution to make in mental health

## What learning options are available at the 'Skilled' level?

### A series of self-directed e-learning modules on the NHS 'TURAS' website

There are [five free e-learning modules](#) (or 'learning bytes') focused on different topics. While they are not solely focused on children and young people, they cover the whole lifespan and include relevant case studies. The **'Supporting People at Risk of Suicide'** learning byte contains a specific section about children and young people who may be at risk of suicide. The learning bytes are designed to be used flexibly by individuals, teams, organisations and training providers to meet local learning and development needs and priorities. Please allow 3 - 4 hours to complete each module.

### Training sessions delivered face to face

A bespoke facilitated session covering **Self Harm and Suicide Prevention for Children and Young People** is available which is drawn from the NHS Education for Scotland Skilled Level content. Anyone attending this training must first complete the Informed Level e-module.

Both Scottish Mental Health First Aid (SMHFA) and Applied Suicide Intervention Skills Training (ASIST) are certificated two day courses that must be delivered face to face and participants must attend both days in full. See over for more details.

## Skilled Level e-learning modules

### Promoting Mental Health and Tackling Inequalities [Learning Byte 1](#)

Includes understanding what mental health is, features of positive mental health determinants, risk factors and inequalities that can lead to mental ill health, what works to improve mental health and how you can apply this knowledge in your own workplace.

Covers the whole lifespan, from early years through to older adulthood. Case studies include a young family and a 16 year old.

### Supporting people in Distress and Crisis [Learning Byte 2](#)

Includes understanding distress, crisis and related risk or protective factors, recognising when someone may be experiencing distress or crisis, providing a compassionate and helpful response, supporting self-help and problem-solving and knowing how and when to access more urgent support for someone.

More focused on adults. The youngest person featuring in a case study is aged 18.

## Supporting People at Risk of Suicide

### Learning Byte 3

Includes the factors that might cause people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, practical and emotional approaches to supporting people at risk of suicide.

**Part B includes additional information about children and young people who may be at risk of suicide.**

## Supporting people at Risk of Self-Harm

### Learning Byte 4

Includes the different reasons why people self-harm, understanding self-harm as communication of distress, some common misconceptions surrounding self-harm, impact of thoughts, feelings and emotions on self-harm, adopting a sensitive, compassionate and non-judgemental approach when talking about self-harm, risk and protective factors associated with self-harm, ways you can positively respond to and talk about self-harm. Includes two teenage case studies.

## Supporting Recovery and Quality of Life for People Living with Mental Ill-Health

Learning Byte 5 More focused on adults. The youngest person featuring in a case study is aged 19.

## Skilled Level face-to-face training programmes

### Self-Harm and Suicide Prevention for Children and Young People training

This is a bespoke half day facilitated training session covering **Self-Harm and Suicide Prevention for Children and Young People**. 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 Learning Bytes 3 and 4 (see above).

**The session covers:** the risk factors, protective factors and trends related to self harm and suicide in young people; the difference between self-harm and suicide; an awareness of the impact a sensitive, compassionate approach can achieve when discussing self-harm and suicide (using the principles of Time, Space and Compassion); the links between self-harm, why people self-harm and trauma informed practice and; the steps involved in safety planning.

**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'.**

Contact [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) for course information and dates.

### Scottish Mental Health FIRST AID Training

This 2-day training course offers basic general information about mental ill-health. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. **N.b. this is the ADULTS version of the course.**

It also helps mental health first aiders to assist those with mental ill-health and mental illness, to enable them to get help and to help themselves, and to support them in recovery. Certificated by Public Health Scotland.

Contact [training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk) for course dates and information.



### Applied Suicide Intervention Skills Training (ASIST)



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.

ASIST is delivered a number of times throughout the year in the Scottish Borders.

Contact [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) to be added to the waiting list and to be the first to hear about opportunities to be trained in ASIST.

# Further learning options

## Trauma Informed Training Programme

We all have a role to play in understanding and responding to people affected by psychological trauma. This website provides information on the training and education resources developed by the National Trauma Training Programme to support the skills and knowledge of the whole Scottish workforce.

**More information is available here:**

<https://transformingpsychologicaltrauma.scot/>

## Self-harm Network Scotland

Self-harm Network Scotland is a website hosted by Penumbra. It has information and resources about self-harm and can help people who need help with their own self-harm and people who are worried about someone else who self-harms. It has a section designed for teachers, carers, professionals and anybody else who is working with someone who self-harms. There is also a series of useful 'In conversation' videos peer practitioners who have lived experience of self-harm.



**Find out more at**

<https://selfharmnetworkscotland.org.uk>

## SafeTALK

SafeTALK is a four-hour face-to-face workshop featuring presentations, audiovisuals, and skills practice.



At a SafeTALK workshop, you'll learn how to prevent suicide by recognising signs, engaging someone, and connecting them to an intervention resource for further support.



**Contact** [training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk) for course dates and information.

## Papyrus - Prevention of Young Suicide

Papyrus is the UK charity dedicated to the prevention of suicide in young people. As well as a dedicated 24hr suicide prevention helpline (number below) it also has excellent advice and downloadable resources.

Hopeline also offers a debrief service for professionals and first responders who are supporting young people experiencing thoughts of suicide.

**Find out more at**

<https://www.papyrus-uk.org>

**HOPELINE247 - 0800 068 41 41**

## Manager resource

### Mental health in the workplace

This presentation is for managers, team leads and people in similar roles. It is designed to help you to be better able to support the mental health of employees and to encourage good practice in promoting positive mental health and wellbeing in the workplace.

**To access click** [HERE](#)

## Public Mental Health

This e-learning session provides a good introduction to population level mental health. The module takes about 40 minutes to complete and is aimed at all practitioners and trainees in public health, primary care, secondary mental health, social care and commissioning as well as policy makers at local and national levels.

<https://www.minded.org.uk/Component/Details/632895>

## Resources to support organisations

The United To Prevent Suicide website has information to support organisations to take action around mental health improvement and suicide prevention: <https://unitedtopreventsucide.org.uk/organisations/>

