



Creating Hope

Scottish Borders

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

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.

The purpose of the framework is 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**
- **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.

We also have a Children and Young People's training catalogue which you can download [HERE](#)

Local online resources

Creating Hope
Scottish Borders

INFORMATION HUB

Mental Health

Wellbeing

Suicide Prevention

[www.nhsborders.scot.nhs.uk/
creating-hope](http://www.nhsborders.scot.nhs.uk/creating-hope)

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

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)
- **Text SHOUT** to 85258 (24/7)
- **Papyrus HOPELINE247** 0800 068 41 41—includes a **debrief service** for any professional who has had an encounter with suicide



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.

Some of the online self-directed learning modules are hosted on the NHS Education for Scotland learning platform 'TURAS'. **To register for a TURAS account click [HERE](#)**

Mental Health Improvement and Suicide Prevention—**Informed Level**



This digital training package has been developed by Public Health Scotland and is available as an online module and also adapted locally as a facilitated course.

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:

1. Self-directed e-learning module on the NHS 'TURAS' website (you will need to register for an account before you can access this) <https://learn.nes.nhs.scot/33734>
2. 2x 90min sessions delivered via Borders Care Voice (MS Teams or in person)
Contact training@borderscarevoice.org.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—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 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 improvement, self-harm and suicide prevention.

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

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

The learning bytes are designed to be used flexibly by individuals, teams, organisations and training providers. Please allow 3 - 4 hours to complete each module. The learning modules are hosted on the NHS Education for Scotland learning platform 'TURAS'. **To register for a TURAS account click [HERE](#)**

Training sessions delivered face to face

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.

Be Suicide ALERT training can be offered to teams to explore your approach to suicide prevention.

Get in touch to discuss your requirements. **You can download a written 'Be Suicide ALERT' staff briefing [HERE](#)**

Skilled 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.

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

Includes understanding distress, crisis, 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.

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.

Skilled e-learning modules (continued)

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.

Supporting Recovery and Quality of Life for People Living with Mental Ill-Health Learning Byte 5

Includes understanding the concept of recovery and how to work in a way that promotes this. Also covers physical health problems and barriers to treatment and lifestyle change, recognising the impact of stigma and discrimination on mental health recovery, and promoting inclusion, health and quality of life.

Face to face training programmes

Scottish Mental Health First Aid Training

This 2-day training course does not train people to be mental health workers.

It 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.

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 for course dates and information.



Applied Suicide Intervention Skills Training

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 and certificated by Public Health Scotland

Contact 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.



Wave After Wave

Providing a Compassionate Response After Suicide Bereavement

The aim of the Wave After Wave Bereavement Training is to ensure that all staff, peer supporters and volunteers coming into contact with people bereaved by suicide have an understanding of the complex nature and impact of a suicide bereavement and are able to provide a compassionate and sympathetic response whilst also being aware of the impact of their work on their own wellbeing.

The half day training is face to face and is delivered by Borders Care Voice.

Contact training@borderscarevoice.org.uk for course dates and information.





Online Masterclasses

Since November 2021, NHS Education for Scotland has hosting a series of online masterclass sessions supporting workforce learning and development across the practice levels of the Mental Health Improvement and Suicide Prevention [Knowledge and Skills Framework](#).

So far, the topics covered include:

- Inequalities in Mental Health in Scotland - Exploring the challenges
- Scottish Data and Statistics - National Confidential Inquiry
- Understanding the Transition from Suicidal Thoughts to Suicidal Acts and the Role of Safety Planning
- Recovery in Mental Health
- What can we do to prevent Suicide in our roles?
- Time to address 'the causes of the causes': effective suicide prevention requires sound policy interventions.
- Turning the tide on Mental Health Stigma

Recordings of these sessions are all freely available on the TURAS NHS learning platform [HERE](#)

Core psychological interventions for suicide prevention

These online modules aim to provide the learner with essential psychological knowledge when working with suicide prevention. It is the hope of the NES team that these resources will augment the learning resources found in the Mental Health Improvement, and Prevention of Self-harm and Suicide Knowledge and Skills Framework.

The material was developed by Professor Rory O'Connor and Dr Karen Wetherall, Suicidal Behaviour Research Lab, School of Health & Wellbeing, University of Glasgow www.suicideresearch.info

- Awareness of who is at risk of suicide and why
- An overview of the complex set of factors that lead to suicide
- How to ask people about suicide
- Safety planning
- The importance of self-care

This training consists of 4 modules and will take approximately 2 hours in total to complete. Each section includes information about suicide risk together and the opportunity to reflect on the material. There are also additional links, resources and video clips embedded throughout. The sections are:

- **Module 1.** An overview of suicide
- **Module 2.** Psychological risk and protective factors
- **Module 3.** The Integrated Motivational-Volitional model of suicidal behaviour
- **Module 4.** What works to prevent suicidal behaviour?

You can access the modules [HERE](#)

Please ensure you have registered and signed in to TURAS

Further learning options

Public Mental Health

Mental disorder and poor wellbeing is common and can affect everyone. However, effective interventions can treat mental disorder, prevent associated impacts, prevent mental disorder from arising and promote mental wellbeing.

Unfortunately not enough people have access or exposure to the appropriate support and interventions. This session highlights how this 'implementation gap' may be overcome, across our whole population.

You may be eligible to claim CPD points for completing this session, subject to approval from your peer group. CPD points are generally provided on a basis of one point per hour of learning. <https://www.minded.org.uk/Component/Details/632895>

Healthy Working Lives

Healthy Working Lives (Public Health Scotland) provides a range of free training courses to employers in Scotland to support them in improving the occupational health, safety and wellbeing of their staff.

This includes online and face to face learning opportunities about how to be a 'Mentally Healthy Workplace'. The [Healthy Working Lives website](#) has more info about the online learning.

For local face to face course please find out more online at [Healthy Working Lives - Public Health Scotland](#) or telephone 01896 825983 to speak to the local Healthy Working Lives advisor at NHS Borders.

For free mental health and wellbeing resources that can support staff learning and development click [HERE](#)

Manager resource

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](#)

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/>

Bitesize Information Videos

These sessions are created by Health in Mind and funded by the Scottish Borders Joint Health Improvement Team programme, 'United to Prevent Suicide'. They cover the following topics:

- How breathing can help
- Understanding sleep and some ways to improve it
- Food, drink and mood - what's the link?
- An introduction to coping skills
- Conversations about mental health
- Mindful stretching

Health in Mind also offer a Mental Health Awareness information video. All the videos above can be accessed here, along with other Health in Mind self-study courses: https://www.health-in-mind.org.uk/services/bitesize_videos/d256/

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://unitedtopreventsuicide.org.uk/organisations/>



www.nhsborders.scot.nhs.uk/creating-hope