

Upcoming awareness dates:

[Maternal Mental Health Awareness Week](#): 5-11 May 2025

[Mental Health Awareness Week](#): 12-18 May 2025



NEWS

MATERNAL MENTAL HEALTH AWARENESS WEEK 2025

First up in May is Maternal Mental Health Awareness Week, with the global [Maternal Mental Health Day](#) falling on 7th May. Life changes around pregnancy can make women more vulnerable to mental illness and there can be long term consequences for both mother and child. Tragically, suicide is the leading cause of direct maternal death between 6 weeks and 12 months after birth, with rates rising over the last ten years. The Maternal Mental Health Alliance, a network of over 130 member organisations in the UK, is running the campaign this year to raise awareness of mental health problems before, during and after pregnancy.

You can find out more [HERE](#)

See the Resources section of this bulletin for relevant NHS Inform resources.

MENTAL HEALTH AWARENESS WEEK 2025

The theme for Mental Health Awareness Week this year is 'Community' – we've teamed up with Borders Community Action, Borders Care Voice and Scottish Borders Council to celebrate the power and importance of community and encourage people and organisations to get involved in promoting mental health.

- Come along (or encourage someone you're working with to come along) to the Mental Health and Wellbeing Forum's 'Conversation Café' for people with lived / living experience – see Events section
- Attend one of the fantastic events at the ['Inspiring Life Festival'](#) at the Eastgate Theatre in Peebles – see Events section
- Download resources to use and share from the [Mental Health Foundation website](#)
- Hold your own activity or event during the week, such as ['Wear it Green Day'](#) on Thursday 15th May
- Why not make a pledge to cultivate your own mentally healthy community by signing up to our local Creating Hope Awards scheme? You can find out more and sign up [HERE](#)

CELEBRATING CREATING HOPE AWARDS FOR MENTAL HEALTH AWARENESS WEEK

Communities all over the Borders are getting involved with the Creating Hope Awards and making a pledge to create mentally healthy and suicide safer communities.

This week we were delighted to visit **Kelso Rugby Football Club** to present them with their Creating Hope Award – just in time to celebrate their achievement for Mental Health Awareness Week! Pictured here are Eric Paxton (Club President), Keith Thomson and Murray Hastie receiving their award certificates from Sohail Bhatti (Director of Public Health) and Claire McElroy (Public Health Lead for Mental Health and Suicide Prevention).



In an amazing effort to embed good mental health practices and suicide prevention across the club, fifteen people undertook the Informed Level training to become Mental Health and Wellbeing Advocates. Committee members, Senior Men, Under 18 Boys, Youth Rugby (both Boys and Girls) and Mini Rugby all took part in the training to help the club become a mentally healthy and suicide safer community – well done to all and thank you!

Congratulations also go to **Hawick High School** who were recently presented with the Creating Hope Champions Award. Pictured here is headteacher Mrs Scott along with Steph MacKenzie from the Public Health Team and the school's new Suicide Prevention Champions. The five Champions all recently completed their two day ASIST (Applied Suicide Intervention Skills Training) and Trauma Skilled Practice training. The High is the first school in the Borders to sign up to the Creating Hope awards scheme and demonstrated through its application that it is committed to creating a mental health and suicide safer community at the school.



Congratulations also to **Penumbra Borders** who completed the Creating Hope Award in April, with eleven staff becoming Creating Hope Advocates. Well done and thank you to you all too!

You can find out more information about the awards and sign up here - [Creating Hope Awards](#)

COMMUNITIES MENTAL HEALTH AND WELLBEING FUND ROUND FIVE LAUNCH

We were pleased to hear that Borders Community Action has announced the launch of the 5th round of the Communities Mental Health and Wellbeing Fund, continuing work in supporting grassroots organisations to improve mental health and wellbeing across the Scottish Borders. This year, a new multi-year funding pilot will be introduced, enabling successful projects to receive funding over two years for the first time, providing greater stability and impact.

The fund is planned to open for applications in August 2025, and the team will be sharing all relevant documentation over the next months with Borders Community Action members.

You can find out more from BCA's Facebook post [HERE](#) or email info@borderscommunityaction.org.uk

SUICIDE PREVENTION SCOTLAND WEBSITE LAUNCH

Suicide Prevention Scotland has launched its new, long term suicide prevention campaign and is starting Scotland's biggest ever conversation about suicide. Talking about suicide is the best way of preventing it from happening - the campaign aims to normalise the idea of talking about suicide, give people the confidence to ask about suicide and to direct people to the [new website](#).

The new website has information about support available for adults and young people, for people who are having thoughts of suicide as well as people who are worried about someone and people who have been bereaved by suicide. The campaign will be running in many different places including social media, railways and buses.

The website has a directory and resources for professionals. If you are a local service providing suicide prevention support you can add your service to the directory using [this form](#).



EVENTS

Wednesday 14th May, 12 noon – 2pm, Focus Centre, Galashiels

CONVERSATION CAFÉ

Borders Care Voice is hosting an engagement event to hear about what efforts have already been made to improve community impact and for people to share their thoughts on how community support can be improved.

There will be an update on the community mental health and wellbeing funding (Lorna McCullough), the mentally healthy and suicide safer communities work from NHS Borders (Steph MacKenzie) and an update from people with lived and living experience who have been busy redesigning the mental health and wellbeing forum (Lynsay Laird). This event is aimed at people with lived and living experience.

To book – contact Nicola on 01896 757 290 or admin@borderscarevoice.org.uk



Sunday 4th – Saturday 17th May, Eastgate Theatre, Peebles

INSPIRING LIFE FESTIVAL



Inspiring Life is a festival of creative exploration, where health, well-being, and the power of conversation come together. This year's workshops focus on navigating 'Difficult Conversations' through art, music, movement, and more. Most sessions are free and filled with opportunities to connect, share ideas, and have fun. The festival finishes with Inspiring Life Day itself – a day of creative workshops and a special sharing event to allow people to come together. Come be part of a vibrant, supportive community where creative expression fosters growth, understanding, and connection.

The festival is hosted by the [Evie Douglas Memorial Fund](#), the charity set up by Freda Douglas who has been an active and valued member of the After A Suicide Working Group for many years

Event highlights include:

- ART – Wellbeing Through Art with Lynne Grahame – Sun 4th May – FREE
- SOCIAL – Pies and Patter – Fri 9th May – FREE
- DANCE – Contemporary Dance Workshop with Sara Boles – Sat 10th May - £25
- MUSIC – Rough Mix with John Kielty and Clare Prenton – Sun 11th May – FREE
- MUSIC – Youth Songwriting with Sam Mundy and Robbie Tatler – Sun 11th May – FREE
- SOCIAL – Grief Café with Lucy Colquhoun – Mon 12th May – FREE
- THEATRE – Improvisation Workshop with Clare Prenton – Mon 12th May – FREE
- FILM – The Demented Poets with Ian Bustard and Willy Gilder – Wed 14th May – FREE
- WELLBEING – Sound Healing Chamber with Suzy Nairn – Wed 14th May - £20
- THEATRE – Can I be a Butterfly? With Clare Watson – Thurs 15th May - £5-£15
- INSPIRING LIFE DAY – creative workshops and sharing event – Saturday 17th May – FREE

Tickets for all events and workshops must be booked in advance from the [Eastgate Theatre](#)

Mondays - 7-9pm

ANDYS MAN CLUB

Andys Man Club is a peer to peer support group for men (aged 18+) who have either been through a storm, are currently going through a storm or have a storm brewing in life. Andys Man Club meets every Monday from 7pm (excluding English Bank Holidays).

Where:

- Gala RFC Hospitality Suite (to the right when you enter through the gate), Netherdale, Nether Road, Galashiels TD1 3HE
- Eyemouth Parish Hall, Victoria Rd, Eyemouth TD14 5JD
- Vale of Leithen Social Club, 2 Leithen Crescent, Innerleithen, EH44 6JL

Find out more at <https://andysmanclub.co.uk/>

INFORMATION STATION FOR MENTAL HEALTH AND WELLBEING at the WHAT MATTERS HUBS

- **HAWICK** - Thursday 8th May, 10am – 12:30pm, Heart of Hawick
- **PEEBLES** - Wednesday 14th May, 10am – 12:30pm, Costa Coffee
- **KELSO** - Wednesday 21st May, 10am – 12.30pm, Mayfield Garden Centre
- **GALASHIELS** - Wednesday 28th May, 10am – 12:30pm, ASDA Café

Drop-in service where you can find out more about the advice, information and support that is available to help mental health and wellbeing. Find out more [HERE](#)



The poster features a dark blue background with a green and purple geometric design at the top. It includes the text 'INFORMATION STATION FOR MENTAL HEALTH AND WELLBEING AT THE WHAT MATTERS HUBS' in large white letters. Below this, it says 'Your first stop for mental health information and resources - Drop in service'. A list of locations and times is provided at the bottom. The 'What Matters Scottish Borders' logo is in the top right corner, along with the hashtag #yourpart.

**INFORMATION STATION FOR
MENTAL HEALTH AND WELLBEING
AT THE WHAT MATTERS HUBS**

**Your first stop for mental health information
and resources - Drop in service**

The Information Station for Mental Health and Wellbeing is open for drop in visits without an appointment where you can talk to our health and social care staff and peer support volunteers.

- **PEEBLES** – Costa Coffee, High Street, second Wednesday of the month, 10am– 12.30pm
- **HAWICK** – Heart of Hawick, Tower Mill, second Thursday of the month, 10am– 12.30pm
- **KELSO** – Topiary Café, Mayfield Garden Centre, third Wednesday of the month, 10am– 12.30pm
- **GALASHIELS** – Asda Café, Currie Road, fourth Wednesday of the month, 10am– 12.30pm

1st Tuesday of the month, Galashiels

SURVIVORS OF BEREAVEMENT BY SUICIDE LOCAL SUPPORT GROUP

For more information contact the local co-ordinator on 0770 4691 111 or email

scottishborders@uksobs.org

AFTER A SUICIDE WORKING GROUP

Have you or someone you know lost a family member or friend to suicide? If you feel ready and able to contribute to improving the support and information available to others going through a similar experience come and join the After a Suicide Working Group. The working group 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.

For more information email: health.improvement@borders.scot.nhs.uk

Various dates

BORDERS IN RECOVERY GROUPS

Borders in Recovery runs weekly Recovery Cafés in Galashiels, Eyemouth, Hawick and Peebles, open to anyone over 16 years and in recovery (substances or mental ill health) or supporting someone who is (friend/family). The cafés offer a free hot meal, peer support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities. Borders in Recovery also have a Weekly Music Group on a Tuesday and Recovery Coaching Training is available. There is also a Whatsapp group and SMART meetings in Peebles and Gala including a Womens SMART meeting in Gala. **To find out more click [HERE](#).**

RESOURCES

MATERNAL MENTAL HEALTH RESOURCES

As it is Maternal Mental Health Week in May we are sharing resources to support maternal mental health. NHS Inform has quality assured information about maternal mental health as part of its 'Ready Steady Baby!' suite of resources:

- [Your mental health and wellbeing in pregnancy](#)
- [Your mental health and wellbeing after birth](#)

The Ready Steady Baby leaflets are also available to download in Arabic, Polish, Simplified Chinese (Mandarin), Ukrainian and English (Easy Read)

FINDING SUPPORT FOR SUICIDE PREVENTION

Creating Hope Together is the new national website for Suicide Prevention Scotland. If you are looking for resources, support or information for anyone affected by suicide please visit the new website - [Home - Suicide Prevention Scotland](#).

TRAINING

SCOTLAND'S MENTAL HEALTH FIRST AID

Date	Time	Location
Monday 12 th May & Monday 19 th May 2025	9.30am-5pm	Galashiels
Tuesday 10 th June & Monday 16 th June 2025	9.30am- 5pm	Galashiels

This two-day training is once again being run by the Borders Care Voice Learning Network – please see their [training brochure](#) for more details or book directly [HERE](#)

SELF-HARM AND SUICIDE PREVENTION FOR CHILDREN AND YOUNG PEOPLE - SKILLED LEVEL

All dates are IN-PERSON at Scottish Borders Council HQ, Newtown St Boswells

- **Tuesday 28th October:** 9am – 1pm
- **Tuesday 11th November:** 9am – 1pm
- **Thursday 5th March 2026:** 9am – 1pm
- **Thursday 21st May 2026:** 9am – 1pm

This is a bespoke half-day training session facilitated by Health Improvement Specialists from the NHS Borders Public Health Team. 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 packages for Self-harm and Suicide Prevention. **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' on the NHS 'TURAS' website.** Email health.improvement@borders.scot.nhs.uk to register for one of the dates at SBC HQ

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

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.

To be added to the distribution list to be informed when the booking goes live please email:

health.improvement@borders.scot.nhs.uk

SELF HARM NETWORK SCOTLAND TRAINING

The Self-Harm Network Scotland, run by Penumbra, has a number of free training opportunities coming up about self-harm.

- **1-hour Self-Harm Awareness Session** - for anyone in Scotland who is interested in learning more about self-harm. This includes professionals, parent's, carers and loved ones. It is delivered in a webinar/seminar style with a presentation and time at the end for questions.
- **3 hour Self-Harm Awareness Training (for professionals)** - will dive deep into the underlying reasons for self-harm and give information, tools and resources that can be used to support people who self-harm.

To find out more and book click [HERE](#)

MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION

There are two catalogues available that set out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention, one for adults and one for people working with children and young people.

Download the Adults catalogue (PDF) [HERE](#)

Download the Children and Young People's catalogue (PDF) [HERE](#)

GET IN TOUCH

This information bulletin was produced by Steph MacKenzie, Health Improvement Specialist (Mental Health) Joint Health Improvement Team, Public Health. If you'd like to join our mailing list or talk to us about any of the news, events, resources or training above, you can get in touch with us by emailing health.improvement@borders.scot.nhs.uk



For our updates on Facebook please follow [NHS Borders Small Changes, Big Difference](#)



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CREATING HOPE WEB PAGES

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

Creating Hope
Scottish Borders

