

Upcoming awareness dates:

[24/7 Samaritans Awareness Day](#) – 24th July

Suicide Prevention Awareness Week – w/c 8th September



NEWS

HEADSTRONG EVOLUTION – CREATING HOPE IN SPORTS CLUBS

We were delighted to run a 'Train the Trainer' course in June for Headstrong Evolution. Headstrong is a 'mental health in sport' project for those aged 16 and above in sports clubs across the Scottish Borders. It aims to raise awareness, educate and remove stigma around mental health, mental wellbeing and suicide awareness. Headstrong has been delivering the Informed Level Mental Health Improvement and Suicide Prevention training to sports clubs for the last couple of years and we refreshed their training so that they can now deliver the foundation level Creating Hope Award directly to sports clubs over two sessions. The training is based on the online NHS content and is delivered face to face by a team of Headstrong volunteers. On the night we were pleased to present the Headstrong team with their own Creating Hope Award and also award the six new trainers with their trainer certificates. Thank you and congratulations!



Pictured alongside Steph MacKenzie are Gerry Moss, Jess Day, Gillian Carr, Alexandra Church, Jasmine Bunting and Lisa Dalgliesh.

COMMUNITIES MENTAL HEALTH AND WELLBEING FUND – COMING SOON!

Borders Community Action has announced the launch of the 5th and 6th round of the Communities Mental Health and Wellbeing Fund, continuing their work in supporting grassroots organisations to improve mental health and wellbeing across the Scottish Borders. This year, a new multi-year funding pilot is being introduced, enabling successful projects to receive funding over two years, providing greater stability and impact. The Fund has a strong focus on prevention and early intervention and aims to support grassroots community groups in tackling mental health inequalities and addressing priority issues of social isolation, loneliness, suicide prevention and tackling poverty and inequality.

BCA plans to open the Fund for applications in August 2025, and the team will be sharing all relevant documentation over the next months with Borders Community Action members. For anyone thinking of applying, please make sure you [sign up for free membership](#)

RELAUNCHING THE MENTAL HEALTH AND WELLBEING FORUM

There is lots of work going on behind the scenes at the Mental Health and Wellbeing Forum to rebrand the forum! In August, they will be launching a new approach for people with personal experience of mental ill health to help shape how mental health support works.

If you'd like to find out more or go along to the relaunch event please get in touch with Lynsay Laird, Mental Health Development Worker at Borders Care Voice by emailing lynsay@borderscarevoice.org.uk

NHS BORDERS WELLBEING SERVICE – EMOTIONAL SUPPORT AND MUCH MORE

NHS Borders Wellbeing Service has recently been updating GPs and medical staff at the BGH about the services it provides. The service offers support to people who wish to improve their lives in one or more of the following areas:

- Emotional wellbeing (for people aged 16 and over)
- Being more active (for people aged 16 and over)
- Eating more healthily (for people aged 18 and over)
- Quitting smoking (for people aged 12 and over)

Pictured here is Claire McElroy, Head of Health Improvement at NHS Borders, presenting to clinicians at the BGH about the services provided by the Wellbeing Service.



The Wellbeing Service also accepts self-referrals and can support people with lifestyle change while they are waiting for other services – you can find out more about the service at the NHS Borders website: [HERE](#)

YOUR VIEWS MATTER – HAVE YOUR SAY ON COUNCIL CONSULTATIONS

Many of the services that the council provides have an impact on mental health and it is important that we contribute to consultations to highlight that where possible. Two of the current consultations are:

1. Draft Active Travel Strategy

Encouraging people to make sustainable travel choices. The consultation is intended to confirm whether the strategy meets the needs and wants of communities. This will be the framework for delivering future infrastructure and behaviour change initiatives for active travel. Closes on 31st August. [Draft Active Travel Strategy Consultation 2025 - Scottish Borders Council - Citizen Space](#)

2. Sport, leisure and cultural services and facilities consultation

A reminder that the consultation about the sport, leisure and cultural services provided by Live Borders is still live - many of the facilities are vital for mental health and wellbeing. Closes on 31st August. [Sport, leisure and cultural services and facilities consultation - Scottish Borders Council - Citizen Space](#)

EVENTS

Various dates

WAYS TO WELLBEING PROGRAMME - HEALTH IN MIND GROUPS

Health in Mind have a series of dates for their upcoming weekly workshop programme:

- HAWICK – Tuesdays from 15th July to 9th September, 2pm – 3.30pm
- DUNS – Wednesdays from 16th July to 10th September, 10am – 11.30am
- PEEBLES – Wednesdays from 16th July to 10th September, 2pm – 3.30pm
- KELSO – Thursdays from 17th July to 11th September, 10am – 11.30am
- GALASHIELS – Thursdays from 24th July to 18th September, 10am – 11.30am

The workshops aim to support people to learn more about their wellbeing, offer opportunities for self-reflection and provide space to consider new possibilities for the future.

To find out more about the workshops and make a booking please visit [Health in Mind | Groups and Workshops in the Scottish Borders](#)

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

- PEEBLES - Wednesday 9th July, 10am – 12:30pm, Costa Coffee
- HAWICK - Thursday 10th July, 10am – 12:30pm, Heart of Hawick
- KELSO - Wednesday 16th July, 10am – 12:30pm, Mayfield Garden Centre
- GALASHIELS - Wednesday 23rd July, 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](#)

Thursday 24th July

SAMARITANS AWARENESS DAY - 24/7

Samaritans Awareness Day takes place every year on 24th July. This date serves as a reminder that the Samaritans' services are available 24 hours a day, 7 days a week—hence the significance of the date 24/7. There are many ways to participate in Samaritans Awareness Day:

- **Share information** about the Samaritans' services on social media to spread awareness.
- **Host a fundraising event** to support the charity's work.
- **Reach out** to friends, family, and colleagues—check in and let them know you are there to listen.
- **Volunteer** with the Samaritans.

You can download social media assets throughout July from the [Samaritans website](#)

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/>

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 from substance use 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](#).

Various dates

ALZHEIMER SCOTLAND WHAT'S ON GUIDE

Alzheimer Scotland produces an excellent monthly 'What's On' guide for all their walking groups, Memory Cafés, What Matters Hub sessions, Singing Café, Carers Café and much more.

You can download the What's On guide (PDF) for July [HERE](#)

Find out more about the Borders Brain Health and Dementia Resource Centre [HERE](#)

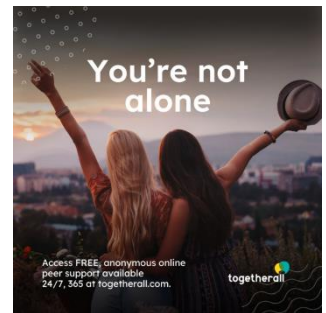
RESOURCES

TOGETHERALL - SUMMER WELLBEING SUPPORT

While summer can be a time of sunshine and change, it can also bring feelings of loneliness, uncertainty, or low mood. Routines often shift, people take time away, and support networks may feel less accessible.

Togetherall is available 24/7 for anyone who needs a safe, supportive space to talk, reflect, and connect during the summer months – no-one needs to be alone.

Sign up to Togetherall [HERE](#)



NHS BORDERS WELLBEING SERVICE LEAFLETS

The Wellbeing Service has a selection of self-help leaflets that can be downloaded from the NHS Borders website. The leaflets cover topics from bereavement and depression to sleep and worry.

You can find the self-help resources [HERE](#)

LIST OF SUPPORTS TO KEEP HANDY OVER SUMMER

NHS24 Mental Health Hub (24/7) - Call 111 and select mental health option

Urgent mental health support from NHS24.

Breathing Space - Tel: 0800 83 85 87 www.breathingspace.scot

Monday - Thursday 6pm - 2am, Friday 6pm - Monday 6am

A free and confidential helpline for anyone experiencing low mood, anxiety or depression or who is unusually worried and needs someone to talk to.

Samaritans (24/7) - Tel: 116 123 Email: jo@samaritans.org <https://www.samaritans.org/>

Provides free confidential emotional support for anyone experiencing feelings of distress or despair.

NHS Inform - www.nhsinform.scot/healthy-living/mental-wellbeing

Information about mental health and wellbeing including self-help guides and tools.

Kooth - www.kooth.com

Online emotional wellbeing support service for young people aged 11–18. Articles, personal experiences and tips.

Togetherall - www.togetherall.com

Online peer support community where people across the world support each other, 24/7. Anyone in the Scottish Borders aged 16+ can join the online community. You can join groups that are relevant to you for example Students, Military or Health Workers. Also has courses and self-help resources.

Stay Alive App - www.stayalive.app/

Information and tools to help you stay safe in a crisis or support someone in crisis. Free to download. Download on the App Store or Google Play.

Self-harm Network Scotland - www.selfharmnetworkscotland.org.uk

Website hosted by Penumbra. Information, resources and compassionate support for anyone who self-harms or who is supporting someone who self-harms. 12+.

Creating Hope Scottish Borders - www.nhsborders.scot.nhs.uk/creating-hope

Online hub with resources and useful information about looking after your mental health and wellbeing, includes suicide prevention resources.

TRAINING

Mental Health Improvement and Suicide Prevention – Informed Level training

- Monday 4th August and Monday 11th August, 10am – 12 noon (online – MS Teams)
 - Tuesday 9th December and Monday 15th December, 10am – 12 noon (online – MS Teams)
- (Must be able to attend both sessions)

This online training is run by the Borders Care Voice Learning Network –

Please see their [training brochure](#) for more details or book directly [HERE](#)

SCOTLAND'S MENTAL HEALTH FIRST AID

- Monday 15th September and Monday 22nd September, 9.30am – 5.00pm, Galashiels
 - Monday 17th November and Monday 24nd November, 9.30am – 5.00pm, Galashiels
- (Must be able to attend both days)

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 course 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. Courses will be run in September and November.

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 local catalogues available that set out the training available:

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



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For our updates on Instagram please follow [@small_changes_nhs_borders](#)



CREATING HOPE WEB PAGES

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

Creating Hope
Scottish Borders

