

Upcoming awareness dates:

Suicide Prevention Awareness Week – w/c 8th September

[World Suicide Prevention Day 2025](#) – 10th September



NEWS

A SPECIAL EDITION FOR WORLD SUICIDE PREVENTION AWARENESS WEEK

CHANGE THE NARRATIVE – START THE CONVERSATION

Suicide affects individuals and communities all over the world and is acknowledged as a major public health issue. This why World Suicide Prevention Day is held on the 10th September each year to encourage people to engage in open and honest discussions about suicide and suicidal behaviour. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of understanding and support. We recognise Suicide Prevention Awareness Week alongside the international day and have a programme of activity to mark the week.

- **Sunday 7th September - 'New Dawn New Hope' gatherings**
Two special waterside gatherings will take place in Walkerburn and at Coldingham Beach. Both events will run simultaneously starting at 6.00am. Both events have been organised in partnership with the local After A Suicide Working Group who are a group of volunteers with lived experience of bereavement by suicide. See the 'Events' section for more info and the link to register.

- **9th and 10th Sept - Applied Suicide Intervention Skills Training (ASIST)**
We are again running our two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. It is a training requirement of the local Creating Hope Champions Award. This course is full but get in touch if you would like to join the wait list for future courses – email: health.improvement@borders.scot.nhs.uk

- **Wednesday 10th September – 'Support After a Suicide' film screening**
Don't miss the chance to view this important series of co-produced films at the Eastgate Theatre in Peebles. A special screening with local people sharing their stories to illustrate the support received by bereaved families after someone has taken their own life. This is the culmination of four years of partnership working with Alchemy Film & Arts, After a Suicide Working Group, NHS Borders Health Improvement & Suicide Prevention and Police Scotland. Free to attend and open to anyone touched by suicide. See the 'Events' section for more info.

- **Thursday 11th September – Creating Hope Awards Networking meeting**

A networking event in Selkirk for Creating Hope Award holders hosted by the Mental Health Improvement and Suicide Prevention Steering Group.

Limited places still available – email health.improvement@borders.scot.nhs.uk

- **Friday 12th September - Border Union Ram Sales**

We'll be at the Ram Sales at Springwood Park in Kelso along with the NHS Borders Wellbeing Service offering support information about mental health, wellbeing and suicide prevention.



COMMUNITIES MENTAL HEALTH AND WELLBEING FUND – NOW OPEN!

Borders Community Action has announced that the 5th and 6th round of the Communities Mental Health and Wellbeing Fund **is now open for applications**. They are looking to fund community based initiatives that promote and develop good mental health and wellbeing and/or mitigate and protect against the impact of distress and mental ill health within the adult population (aged 16 or over). The key priorities for the fund are: i) suicide prevention, ii) loneliness and isolation, iii) poverty and inequality and iv) resilience building.

This year they are introducing a new multi-year funding pilot, enabling successful projects to receive funding over two years for the first time, providing greater stability and impact. The fund will be allocated for projects starting in April 2026 onwards.

Funding from £250 - £20,000 is available. The closing date for applications is Friday 26th September 2025.

To find out more go to [BCA Funding - Borders TSI](#)

FLOURISH – MENTAL HEALTH MATTERS

THE NEW NAME FOR THE MENTAL HEALTH AND WELLBEING FORUM

We reported last time that there was lots of work going on behind the scenes at the Mental Health and Wellbeing Forum to rebrand the forum.

In August, Borders Care Voice launched the new independent group for people with personal experience of mental ill health, whether as service users, carers, family members or supporters. The role of Flourish is to work to ensure that mental health services are shaped by the people who know them best: the people who use them.

Pictured here are Lynsay and Jenny from Borders Care Voice at the Flourish launch event in August.

If you'd like to find out more please visit the [new Facebook page](#) or sign up to attend the **'Getting Ready to Flourish'** session on 23rd September.

You can also get in touch with Lynsay Laird, Mental Health Development Worker at Borders Care Voice by emailing lynsay@borderscarevoice.org.uk



EVENTS

Sunday 7th September – 6.00am in both Walkerburn and Coldingham

'NEW DAWN NEW HOPE' GATHERINGS FOR SUICIDE PREVENTION AWARENESS WEEK

Two special waterside gatherings will take place for Suicide Prevention Awareness Week, one at the riverside near Caberston Road in Walkerburn and the other at Coldingham Beach in Coldingham. Both events have been organised in partnership with the local After A Suicide Working Group and will run simultaneously starting at 6am. The gatherings are open to anyone who has been touched by suicide and offer an opportunity to come together for poetry, music and remembrance. Attendees are invited to release flowers into the river or the sea as the sun rises as a time for reflection and to welcome a new dawn of hope.

This is the first 'Darkness into Light' event that has been held in the Scottish Borders with two events running side by side covering both the East and West of the Borders. Breakfast and refreshments will be provided afterwards as well as a place to gather and have conversations.

[Register at Eventbrite for the Walkerburn gather](#)

[Register at Eventbrite for the Coldingham gather](#)

Wednesday 10th September: 3.30pm – 5.30pm at the Eastgate Theatre, Peebles, EH45 8AD

SUPPORT AFTER A SUICIDE FILM SCREENING

A special screening to launch the locally produced 'Support After A Suicide' videos will take place during Suicide Prevention Awareness Week. The videos have been created and feature experiences of bereavement by suicide of local volunteers from the After A Suicide Working Group. Edited and produced by Alchemy Film & Arts, the videos aim to increase awareness and tell real stories of the effects of suicide from those with lived experience. The screening is available to anyone who has been touched by suicide and support through Samaritans and Breathing Space will be offered throughout the screening and afterwards. The Eastgate Theatre café will be open to purchase refreshments and will remain open after the screening for people to stay and chat together and reflect on the videos.

Free tickets for this special event are available from [Eastgate Theatre – Arts in Peebles](#)

Tuesday 23rd September: 11.00am – 3.00pm, Galashiels

GETTING READY TO FLOURISH!

A gentle introduction to 'Flourish – Mental Health Matters'. This is an informal and welcoming session designed to:

- Help you learn more about Flourish
- Meet others with lived experience
- Ask questions in a supportive environment
- Decide if this is the right movement for you

Book a place on Getting Ready to Flourish! here: [Getting Ready to Flourish! booking form](#)

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 7th October to 2nd December, 2pm – 3.30pm
- DUNS – Wednesdays from 8th October to 3rd December, 10am – 11.30am
- PEEBLES – Wednesdays from 8th October to 3rd December, 2pm – 3.30pm
- KELSO – Thursdays from 9th October to 4th December, 2pm – 3.30pm
- GALASHIELS – Thursdays from 9th October to 4th December, 10am – 11.30am
- ONLINE – dates TBC

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. This free 9-week course offers a safe, reflective environment, topics include:

- An introduction to mindfulness
- Creative journaling techniques
- Understanding and managing anxiety
- Using photography as a coping strategy
- Setting healthy boundaries

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 10th September, 10am – 12:30pm, Costa Coffee
- HAWICK - Thursday 11th September, 10am – 12:30pm, Heart of Hawick
- KELSO - Wednesday 17th September, 10am – 12.30pm, Mayfield Garden Centre
- GALASHIELS - Wednesday 24th September, 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](#)

Monday 3rd November, 6.30 – 9.30pm, Heart of Hawick

HOW TO LET LAUGHTER LIGHT UP YOUR LIFE - COMEDY WORKSHOP

Taster session with award winning Scottish comedian Jojo Sutherland for the Scottish Mental Health Arts Festival. Find out how comedy can help raise your confidence and improve your mental health and wellbeing – learn techniques that explore and discover shared experiences, opposing views and different expectations.

[How to let laughter light up your life - Comedy Workshop @ Heart of Hawick - Events - Live Borders](#)

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](#).

RESOURCES

Suicide Awareness resources to keep handy

Helpline numbers

- Samaritans on 116 123 (24 hours)
- Breathing Space on 0800 83 85 87 (lines open 24 hours at weekends and 6pm to 2am on weekdays)
- NHS 24 Mental Health Hub - Call 111 for urgent mental health support
- Papyrus (Prevention of Young Suicide) HOPELINE 0800 068 4141

If someone is at immediate risk of suicide call 999 to get help and support to them quickly.

Local resources

- [Lifelines cards - information card on how to help someone who is thinking about suicide](#)
- [Be suicide ALERT - how to ask someone if they are feeling suicidal](#) – NHS Borders leaflet
- [Coping with suicidal thoughts](#) – NHS Borders leaflet

For more local resources visit

nhsborders.scot.nhs.uk/creating-hope/help-yourself-and-others/be-suicide-alert/

Stay Alive App

Suicide prevention app packed full of information and tools to help people stay safe in a crisis. Includes a Safety Plan and 'LifeBox' to store important images and videos. Can be used by people at risk of suicide and people who are worried about someone. Download free for both Android and iOS.

[StayAlive - Essential suicide prevention for everyday life](#)

There is also specialist information available at [Suicide Prevention Scotland](#)

Links to support for people bereaved by suicide

Survivors of Bereavement by Suicide (SOBS) Scottish Borders Support Group - SOBS groups are run by volunteers who have lived experience of bereavement by suicide. Meets monthly. Contact the local co-ordinator for more information on 0770 4691 111 or email scottishborders@uksobs.org

SOBS Helpline - 0300 111 5056 (open everyday 9am—7pm) <https://uksobs.org/>

Facing the Future - online suicide bereavement support group - Developed by Samaritans and Cruse Bereavement Support to help support people who have been bereaved by suicide. Support groups run weekly for six consecutive weeks and last for 90 minutes with a maximum of eight participants. Groups are free of charge and are run by two trained volunteer facilitators. <https://www.facingthefuturegroups.org/>

PETAL: People Experiencing Trauma and Loss - Offer therapy and counselling services for people who are experiencing bereavement grief and loss as a direct result of suicide. PETAL currently also provide a service for children and young people age aged between 12 and 24. People can self-refer or be referred in by another support agency. 01698 324502 Info@petalsupport.com <http://www.petalsupport.com/>

Touched by Suicide Scotland - Aims to provide a safe, confidential environment where bereaved people can share their experiences. They offer emotional and practical support in the form of a telephone helpline, help by e-mail and online one to one support. [https:// touchedbysuicidescotland.wordpress.com/](https://touchedbysuicidescotland.wordpress.com/)
Telephone Helpline: Linda 01294 274273

CRUSE Scotland - Provides professional support for bereaved adults, children and families across Scotland. Also provides support to workplaces where there has been a suicide. <https://www.crusescotland.org.uk/>
0808 802 6161 Open weekdays 9am - 8pm and weekends 10am - 2pm support@crusescotland.org.uk

TRAINING

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 – it is certificated by Public Health Scotland.

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

MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION – Informed Level training

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](#)

WAVE AFTER WAVE – suicide bereavement training

Wednesday 29th October, 9.30am – 1.30pm, Galashiels

This half-day training run by Borders Care Voice Learning Network covers:

- The prevalence and impact of suicide bereavement in the Scottish Borders
- Understanding grief and suicide bereavement
- Providing a compassionate response to suicide bereavement
- The impact of working with suicide bereavement on staff and strategies to manage wellbeing.

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. We will shortly open bookings for the course in 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](#)

ALCOHOL AND DRUGS PARTNERSHIP WORKFORCE DEVELOPMENT TRAINING DIRECTORY

Borders ADP has updated its training directory for 2025 / 26 – you can download the new directory from [this page](#) on the NHS Borders website.

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](#)



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

