

**Upcoming awareness dates:**

[World Mental Health Day](#): 10<sup>th</sup> October

[Challenge Poverty Week](#): 6<sup>th</sup> – 12<sup>th</sup> October

[Scottish Mental Health Arts Festival](#): 20<sup>th</sup> Oct – 9<sup>th</sup> Nov



## NEWS

### CELEBRATING WORLD MENTAL HEALTH DAY WITH OUR LOCAL COMMUNITIES

Poor mental health is not inevitable, and World Mental Health Day, is an opportunity to talk about mental health and consider how, together, we help everyone have better mental health.

In the Borders, part of our prevention and promotion work recently has been the [Creating Hope Awards](#) and we are proud to have awarded 28 groups and organisations for demonstrating their commitment to Mentally Healthy and Suicide Safer Communities.

Pictured right are three of the latest awards:

- Hannah and Kate receiving their Creating Hope Champions Award for The Promise Team at Scottish Borders Council;
- Sarah, Lisa and Heather at Lochcarron of Scotland in Selkirk receiving their Champions Award – the first larger business in the Borders to take part in the scheme;
- Fraser from Eastgate Theatre in Peebles after receiving the Creating Hope Award during Suicide Prevention Awareness Week.

Congratulations to you all and thank you for making a commitment to creating mentally healthy and suicide safer communities in the Borders.

### Access to services

This year's theme for World Mental Health Day is 'access to services'. We have been working on improving access to mental health information and support in partnership with the What Matters Hubs by holding monthly Mental Health Information Station sessions at the Hubs. In October, we're launching a fifth session in Duns and Health in Mind will be taking the lead, offering a welcoming space for anyone seeking guidance, peer support, or simply someone to talk to.

As of 14th October, the complete list of Mental Health Information Stations will be:

- **Duns** – Fare Share Café, 15 Murray Street, second Tuesday of the month, 12noon-2pm
- **Peebles** – Costa Coffee, High Street, second Wednesday 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
- **Hawick** – Heart of Hawick, Tower Mill, second Thursday of the month, 10am-12.30pm

**For this month's dates, see the Events section of the newsletter. For more information visit**  
[Information Station for Mental Health and Wellbeing](#) | [What Matters Hubs](#) | [Scottish Borders Council](#)



## SUICIDE PREVENTION AWARENESS WEEK

Last month we marked World Suicide Prevention Day on the 10<sup>th</sup> September and worked with local communities and people with lived experience 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. This year there was a programme of activity across the whole week.

### ‘New Dawn New Hope’ gatherings

On Sunday 7<sup>th</sup> September two inspiring and memorable events took place; one at the riverside in Walkerburn and the other at the beach at Coldingham Bay. Gathering at dawn, people were invited to come together for music, poetry and to release flowers into the water as the sun rose on a new day. It was a chance to remember loved ones, create hope and challenge stigma. Both gatherings were organised in partnership with the After a Suicide Working Group with comments on both events being a really special moment to share with those who understand the bereavement of suicide.



### ‘Support After a Suicide’ film screening

A special screening of the Support After a Suicide films took place at the Eastgate Theatre in Peebles on 10<sup>th</sup> September World Suicide Prevention Day. The series of short films feature local people sharing their stories to illustrate the support received by bereaved families after someone has taken their own life. The screening was a real success with time afterwards for discussion around the promotion and further use of this valuable resource. The After a Suicide Working Group will be supporting with a plan around this at their next meeting on Monday 27<sup>th</sup> October. We’ll provide an update about this as soon as the films are publicly available.

Scottish Borders Council showed support by lighting the Council Headquarters building up in purple (pictured right), and we held a networking event in Selkirk for Creating Hope Award holders hosted by the Mental Health Improvement and Suicide Prevention Steering Group. We also attended 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, targeting the agricultural community.



We also trained 23 new Suicide Prevention Champions in the Applied Suicide Intervention Skills Training (ASIST) which was kindly hosted by the Connect Well Group at the Baptist Church in Selkirk and delivered by expert trainers Haylis and Shirley. The next ASIST training course will be taking place in November - this course is fully booked but if you would like to join the wait list for future courses – email: [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

## 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. 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

The dates are:

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

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**

- **NEW! DUNS** – Tuesday 14<sup>th</sup> October, 12noon-2pm, Fare Share Café, 15 Murray Street
- **PEEBLES** - Wednesday 8<sup>th</sup> October, 10am – 12:30pm, Costa Coffee
- **HAWICK** - Thursday 9<sup>th</sup> October, 10am – 12:30pm, Heart of Hawick
- **KELSO** - Wednesday 15<sup>th</sup> October, 10am – 12:30pm, Mayfield Garden Centre
- **GALASHIELS** - Wednesday 22<sup>th</sup> October, 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 3<sup>rd</sup> 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](mailto: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](mailto:health.improvement@borders.scot.nhs.uk)

### **Various dates**

### **BORDERS IN RECOVERY GROUPS**

**NEW!** A brand-new **Recovery Café** is launching in **Jedburgh** this autumn.

**Where:** Kenmore Hall, Oxnam road, Jedburgh

**When:** Starting **Friday 10th October**, running weekly

**Time:** 11am - 1pm

**What:** Brunch, connection & community

The Jedburgh Recovery Café is a safe, welcoming space for people aged 16+ who are in recovery from substance use, family members, friends & carers.

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**

### **WORLD MENTAL HEALTH DAY - ACCESS TO SERVICES**

The '[Find A Service](#)' page on the Creating Hope website has summarised information about local services, helplines and digital support that you can access yourself or contact directly.

If you think you need specialist mental health support, please speak to your GP. GPs can support patients and discuss whether medication or referral to our specialist mental health support services might be helpful.

You can find more information about mental health services on the Scottish Borders Council website [HERE](#)

You can also find detailed information about all of the mental health services in the Scottish Borders in this [Information Resource \(download PDF\)](#)

### **CHALLENGE POVERTY WEEK**

As [Challenge Poverty Week](#) is coming up in October we thought we would share the 'Ways to Be Well' web page with ideas, resources and signposting to help manage money worries. There is a well-evidenced correlation between poverty and mental ill health - worrying about money can affect our mental wellbeing and can be extremely stressful. Our ability to manage money can also be affected by a mental health issue.

**For links to support and useful websites and Apps, please visit:** [nhsborders.scot.nhs.uk/creating-hope/ways-to-be-well/manage-money-worries/](https://nhsborders.scot.nhs.uk/creating-hope/ways-to-be-well/manage-money-worries/)

## **TRAINING**

### **SCOTLAND'S MENTAL HEALTH FIRST AID**

- **Monday 17<sup>th</sup> November and Monday 24<sup>th</sup> 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 9<sup>th</sup> December and Monday 15<sup>th</sup> 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 29<sup>th</sup> 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](mailto: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](mailto: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](#)**

## **ALCOHOL AND DRUGS PARTNERSHIP WORKFORCE DEVELOPMENT TRAINING DIRECTORY**

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

## **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) and Hannah Lacon, Health Improvement Specialist (Suicide Prevention), Public Health Department, NHS Borders. 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](mailto:health.improvement@borders.scot.nhs.uk)



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**CREATING HOPE WEB PAGES**

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

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