

Creating Hope

Scottish Borders



Scottish Borders
Health and Social Care
PARTNERSHIP



Certificate of Commitment NHS Borders

Wellbeing Service

Is a member of the Creating Hope Awards Scheme and has been awarded the

Creating Hope Champions Award

We have pledged that we are committed to the following practices that promote good mental health:

1. We are open and honest and treat people with kindness, compassion and understanding
2. We promote respectful, trusting and non-judgemental relationships
3. We promote inclusive, approachable, welcoming and friendly environments
4. We are aware of ways to protect and promote good mental health and wellbeing - 'Ways to Be Well'
5. We are aware of the causes of poor mental health such as poverty, trauma and isolation
6. We will challenge stigma by being willing to talk sensitively about mental health, mental ill health, self-harm and suicide
7. We will challenge inequality, prejudice, discriminatory language and behaviour
8. We have zero tolerance of bullying, threats, violence and abusive behaviour
9. We will be suicide ALERT
10. We are aware of where to get further help and support

Signed:

Date: 21.04.2026

Dr Sohail Bhatti, Director of Public Health, NHS Borders

You can give us feedback about this member of the scheme by filling in the form at <https://forms.office.com/e/WqPZGWGFx1> or by sending us a postcard

