

Creating Hope

Scottish Borders

AUGUST - SEPTEMBER 2026

Information Bulletin

News / Events

Resources / Training

Upcoming awareness dates:

Suicide Prevention Awareness Week – w/c 7th September

[World Suicide Prevention Day 2026](#) – 10th September



NEWS

What if... asking about
suicide could save a life?

Suicide
Prevention
Scotland.

World Suicide
Prevention Day
Thursday 10 September 2026

SUICIDE PREVENTION AWARENESS WEEK

This year's World Suicide Prevention Day theme is "Changing the Narrative on Suicide", with a focus on starting open, compassionate conversations and moving from silence and stigma to understanding, support and hope. Locally we will be marking Suicide Prevention Awareness Week by delivering safeTALK training, hosting the Creating Hope Scottish Borders Network Event, attending the Ram Sales in Kelso alongside RSABI, supporting New Dawn New Hope gatherings in Walkerburn and Coldingham Bay, and sharing resources to help more people feel confident to ask about suicide and connect others to support.

SafeTALK training – 7th September (9am-1pm, SBC HQ)

SafeTALK teaches participants how to recognise people who may have thoughts of suicide and connect them to suicide intervention resources. It prepares participants to activate a suicide alert by following the TALK (Tell, Ask, Listen and Keep Safe) steps and provide practical help to people with thoughts of suicide. Anyone who wants to promote suicide safety is encouraged to attend safeTALK. No previous experience or training is necessary.

To book a space click [HERE](#)

Creating Hope Scottish Borders Network Event - 10th September

To mark World Suicide Prevention Day, we are holding an in-person Creating Hope Scottish Borders Network Event on 10 September. A brief overview is included in the Events section below, where you can also find the registration link.

Ram Sales – 11th September

On 11th September, we will be attending the Ram Sales in Kelso alongside RSABI to provide information about looking after mental health and wellbeing, as well as sharing local suicide prevention resources. Agricultural communities can face particular pressures, including isolation, financial uncertainty, long working hours and the demands of caring for livestock and land. We know that people working in farming

and agriculture are at higher risk of suicide, so connecting with communities in the places where they already gather is an important part of making support more visible, accessible and easier to talk about.

New Dawn New Hope Gatherings – 13th September, Walkerburn Riverside & Coldingham Bay

Gather with us at Walkerburn riverside or Coldingham Bay to remember, reflect and share hope. The New Dawn New Hope gatherings will take place on 13 September at 6am, offering a meaningful opportunity for people affected by suicide to come together in a supportive and compassionate space. The events are intended to provide time for reflection, connection and hope.

Please share details with anyone who may find this helpful, particularly those who have been bereaved or affected by suicide, or those supporting someone who has.

Click below for more information about each gathering and to register:

- [Walkerburn](#)
- [Coldingham Bay](#)

Social Media Resources for World Suicide Prevention Day

Free social media resources are now available to order for World Suicide Prevention Day 2026 (10 September). You can order these resources at suicideprevention.scot/wspd2026, and a link will be sent to your email to download the assets. This year's creative follows on from the latest public awareness campaign phase, 'What if asking someone about suicide could save a life?'.



SUCCESSFUL PROPOSAL - CHILDREN AND YOUNG PEOPLE CRISIS INTERVENTION FUND

The Mental Health and Suicide Prevention Health Improvement team has successfully been awarded £200,000 through the Scottish Government Children and Young People Crisis Intervention Fund. After working in partnership across services and the third sector, a bid was submitted, led by Public Health and Youth Borders.

The Children and Young People Crisis Intervention Fund aims to support local areas in making improvements to support for children and young people experiencing a mental health crisis.

Our successful proposal focuses on:

- Strengthening early intervention and prevention approaches for children and young people
- Improving outcomes through partnership working across services
- Embedding a rights-based approach aligned with GIRFEC, UNCRC and The Promise.
- Alignment with Population Health Framework and Clinical strategy
- Enhancing engagement with children, young people and families to shape service delivery

If you would like to hear more about the proposal please contact the Health Improvement Specialist for Mental Health & Suicide Prevention for Children and Young People kelda.pearce@nhs.scot

NEW CREATING HOPE AWARDS

We are delighted to welcome **Health in Mind** to the Creating Hope Awards Scheme! Health in Mind offers courses and workshops in the Scottish Borders to support people to learn more about their wellbeing, as well as 1-1 support and the Mental Health Information Station Drop-ins at the What Matters Hubs.

Borders Care Voice has also progressed from the Creating Hope Award to the Champions Award, having updated their application and undertaken the extra Skilled Level ASIST and Trauma Skilled Practice training.

We're grateful to all of the new Mental Health and Wellbeing Advocates and Suicide Prevention Champions who are helping to make the Borders mentally healthy and suicide safer.

Getting involved with the Creating Hope Awards is a great way to take action for good mental health. If you'd like to find out more about the scheme or sign up please visit the [Creating Hope page](#) on the NHS Borders website.

BRAW WEBPAGE FOR RECOVERY AND WELLBEING LEARNING ACTIVITY

'BRAW' stands for 'Borders Recovery And Wellbeing' and is a collaborative project under Programme Four of the Creating Hope Action Plan. It is aiming to serve as an 'umbrella' for all of the varied mental health recovery and wellbeing related learning activities in the Borders, so that we have a better understanding of the opportunities that are available to people across all of our services and organisations.

Thank you to everyone who took part in the survey recently – we've now gathered links together on a new page on the Creating Hope website.

You can access the new webpage at this address or scan the QR code
nhsborders.scot.nhs.uk/braw

**Borders
Recovery
And
Wellbeing**



HEALING ARTS IN THE SCOTTISH BORDERS

'Healing Arts Scotland' is a biennial celebration of the role of the arts to improve health and wellbeing – and part of a global movement to embed the arts into public health and community wellbeing. During Healing Arts Scotland week in June we launched a [new local research report](#) about creative health activity in the Scottish Borders. As the NHS Borders Clinical Strategy focuses on prevention and supporting people to keep themselves well, we considered the research report and discussed how the arts and creativity can help to support the delivery of the Clinical Strategy.

You can read the Summary Report from the event [HERE](#)

NEW WORKS+ NEWSLETTER

Works+ provides employability support to young people and has just published the first edition of their newsletter! The newsletter includes updates about their latest programmes, inspiring participant success stories, exciting training opportunities, and news about what's coming next, including the introduction of a new Mental Health & Wellbeing Practitioner.

You can find the newsletter on the Works+ website - [Newsletter | Works+](#)
If you'd like to join their mailing list please email admin@worksplus.works

THE BOOK FARMACY – A NEW NON-CLINICAL INTERVENTION FOR THE FARMING COMMUNITY

The Book Farmacy is a new non-clinical pilot for people in the farming and crofting community who may be experiencing sleep difficulties, anxiety, loneliness, muscle tension or who are finding it hard to switch off. Reading, including audiobooks, can support relaxation, empathy, connection and self-compassion.

Launching in the Scottish Borders this autumn, the pilot offers personalised Book Farmacy Packs. Patients or clients can register interest by emailing TheBookFarmacy@rhass.org.uk, or professionals can make contact on their behalf with permission. A Book Farm-assist will then get in touch.

The pilot is supported by the Royal Agricultural Society of Scotland and library services in Orkney, East Lothian and the Scottish Borders.

For more information, email TheBookFarmacy@rhass.org.uk

ASIST TRAINING

Scott Fobister (Cluster Wellbeing Lead for Teviot and Liddesdale) and Charlotte Jones recently delivered ASIST in Newcastleton. Thanks to Newcastleton and District Community Trust for their hospitality and for hosting the training in Buccleuch House.

The next ASIST training with availability is taking place in Eyemouth on 30th September and 1st October. The training is open to anyone living or working in the Scottish Borders who would like to get practical training to prevent the immediate risk of suicide. To book a place click [HERE](#)



After completing ASIST, an ASIST-trained caregiver will be better able to:

- Identify people who have thoughts of suicide, reach out and offer support
- Seek a shared understanding of the reasons for thoughts of suicide
- Apply a suicide intervention model
- Review current risk and develop a plan to increase safety from suicidal behaviour
- Link people with community resources



BORDERS UNION SHOW

On Friday 24th July, we attended the Border Union Show with Mary Begg from the Wellbeing Service and Katie Finlay from Working Health Services. We engaged with members of the public, local business owners and elected representatives, including First Minister John Swinney. During our conversation with the First Minister, we highlighted the increased risk of suicide within agricultural communities and discussed some of the challenges faced by people working in the sector. We also provided him with a United to

Prevent Suicide pin badge and introduced our local [Ways to Be Well resource](#). The First Minister spoke with us about the challenges he can experience in getting enough [sleep](#), one of the core Ways to Be Well. Katie has written more about this conversation and the importance of maintaining a healthy work-life balance [HERE](#).

RURAL MENTAL HEALTH FOCUS FOR PIONEERING POLICE PARTNERSHIP

A new partnership involving a host of organisations representing farming, gamekeeping, mental health, field sports and target shooting has been established in Scotland to build awareness and understanding of health and wellbeing in relation to firearms licensing.

In a UK-first, the Scottish Firearms Mental Health Awareness and Support Partnership is seeing key partner agencies working alongside Police Scotland's Firearms Licensing unit, a team of police officers and staff based in communities across Scotland.

The vision of the initiative, led by Chief Inspector Bruce Crawford of Police Scotland's National Firearms and Explosives Licensing (NFEL) team, is for certificate holders in Scotland to feel safe and supported to report changes in their mental health and wellbeing, contributing to the prevention of suicide within the community. Supporting the partnership are a host of mental health and rural organisations, agencies and charities.

EVENTS

WORLD SUICIDE PREVENTION DAY

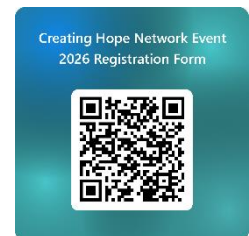
Thursday 10th September 2026: 1.00pm – 4.00pm - Selkirk Baptist Church

CREATING HOPE SCOTTISH BORDERS NETWORK EVENT

Coming up in September for World Suicide Prevention Day is our in-person, Creating Hope network event. All the Creating Hope Award holders are invited to attend and we have some limited spaces available for anyone else who is interested in attending. The event will include:

- Speed networking – an opportunity to meet other organisations and groups involved in the Creating Hope Network
- Community Mental Health and Wellbeing Fund update
- Sharing reflections from Creating Hope Award holders and celebrating what has worked well
- Shaping the future – engagement workshop about the future mental health improvement, suicide prevention, and mental health service delivery plan for the Scottish Borders

Register your place by [filling in this MS Form](#) or scan the QR code



Various dates

HEALTH IN MIND GROUPS

Health in Mind has recently updated its group workshop programme and has a variety of courses starting from early August through the Autumn, including:

- **Stress Management – online** (4 weeks) – starting on 5th August
- **Wellbeing Toolkit, Eyemouth** (6 weeks) – starting on 6th August
- **Anxiety Management, Galashiels** (5 weeks) – starting on 11th August
- **Anxiety Management, Kelso** (4 weeks) – starting on 17th September
- **Ways to Wellbeing, Galashiels** (10 weeks) – starting on 8th October
- **Ways to Wellbeing, Peebles** (10 weeks) – starting on 14th October
- **Stress Management, Kelso** (4 weeks) – starting on 22nd October

To find out more about the workshops and make a booking please visit [Health in Mind | Courses and Workshops in the Scottish Borders 2026](#)

Various dates

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

- **DUNS** - Tuesday 11th August, 12 noon – 2pm, Fare Share Café, Murray Street, Duns
- **PEEBLES** - Wednesday 12th August, 10am – 12:30pm, Costa Coffee, Peebles
- **HAWICK** - Thursday 13th August, 10am – 12:30pm, Heart of Hawick café
- **KELSO** - Wednesday 19th August, 10am – 12:30pm, Mayfield Garden Centre, Kelso
- **GALASHIELS** - Wednesday 26th August, 10am – 12:30pm, ASDA Café, Galashiels
- **DUNS** - Tuesday 8th September, 12 noon – 2pm, Fare Share Café, Murray Street, Duns
- **PEEBLES** - Wednesday 9th September, 10am – 12:30pm, Costa Coffee, Peebles
- **HAWICK** - Thursday 10th September, 10am – 12:30pm, Heart of Hawick café
- **KELSO** - Wednesday 16th September, 10am – 12:30pm, Mayfield Garden Centre, Kelso
- **GALASHIELS** - Wednesday 23rd September, 10am – 12:30pm, ASDA Café, Galashiels

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

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

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).

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

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

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 is made up of people with lived experience of bereavement by suicide. It is not a support group, but it offers members the opportunity to use their 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, Peebles and Jedburgh, 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

New Borders Therapy Hub website

Borders Therapy Hub (operated by Cheviot Youth) has been created to connect people with professionally registered, independent therapists and community services in the Scottish Borders. The website aims to make it easier to see what types of therapy are available - from free youth support to reduced-cost and private options - and to understand how each can be accessed. You can find out more here:

[Counselling & Therapy in the Scottish Borders | Borders Therapy Hub](#)

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 24/7 Tel: 0300 102 2470 or text HOPE to 88247

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/>

Suicide & Co - Suicide&Co is a national charity providing specialist support for anyone bereaved by suicide. They have a range of services including a Counselling Service, practical and emotional support offered by a Support Team and a wealth of online resources both on their website and on an App. For more information visit - <https://www.suicideandco.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/> 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

SAFETALK

SafeTALK is a half-day, evidence-informed suicide alertness training programme. It helps people recognise when someone may be thinking about suicide, respond with confidence, and connect them to appropriate support. Anyone who wants to promote suicide safety is encouraged to attend safeTALK. No previous experience or training is necessary.

Participants will learn how to:

- Recognise possible invitations for help
- Ask directly about suicide
- Listen in a supportive way
- Make a KeepSafe connection to someone who can provide further help

Date: Monday 7th September 2026

Venue: Scottish Borders Council HQ, Newtown St Boswells

Workshop Times: 9.00am - 1.00pm

To Book: click [HERE](#)

If you'd like to be added to a distribution list for future SafeTALK training please email health.improvement@borders.scot.nhs.uk

SUICIDE PREVENTION IN CONSTRUCTION FUNDED TRAINING

Construction workers are almost four times more likely to die by suicide than the national average. That's why SAMH, in partnership with Barratt Homes North Scotland and funded by the CITB Industry Impact Fund, is offering free suicide prevention training to people working across the construction industry and related sectors in Scotland.

The workshop explores the prevalence of suicide in Scotland and within the construction industry, the stigma surrounding mental health, and the impact this can have on individuals, teams and workplaces. Participants gain the skills and confidence to recognise warning signs, alongside clear, step-by-step guidance on how to support someone experiencing thoughts of suicide.

Funding is currently in place until October 2026, and the training will continue to be available to book beyond this date.

Training options

- In-person workshop (3.5 hours) Delivered at your preferred location for 6–16 participants
- Virtual workshop (2.5 hours) Delivered via Microsoft Teams for 6–12 participants

To book a session or find out more, please contact: ciif.training@samh.org.uk

MENTAL HEALTH IMPROVEMENT AND SUICIDE PREVENTION - INFORMED LEVEL TRAINING

This training is for staff and volunteers in health and social care settings and beyond and is delivered by Borders Care Voice. It aims to help them develop their abilities in recognising and responding to people they meet who may be in distress and require additional support.

It will cover:

- Mental health and how to maintain it
- The factors that can lead to mental distress or mental ill-health
- Having compassionate conversations to support people who are experiencing mental distress and may be suicidal, and help them to seek help
- Suicide prevention

Date: Tuesday 29th September 2026 10am-3pm

Where: Borders Care Voice, Galashiels

Book a place [HERE](#)

SCOTTISH MENTAL HEALTH FIRST AID (SMHFA)

Delivered by Borders Care Voice, SMHFA teaches you:

- How to apply the five steps of SMHFA
- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis
- The importance of good listening skills
- Practice listening and responding
- Understanding recovery from mental health problems
- Understanding the connection between mental health problems and alcohol and drugs
- Understanding the connection between mental health problems and discrimination
- Some basic information about common mental health problems
- Self-help information

Date: Tuesday 8th September & Tuesday 15th September 9:30am-5:30pm (you must attend both days)

Where: Borders Care Voice, Galashiels

Book a place [HERE](#)

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.

The next training taking place with available spaces is in Eyemouth:

Venue	Eyemouth Community Centre
Dates	Wednesday 30 th September & Thursday 1 st October You must be able to attend both days fully
Time	8.50am – 5pm
Link to Book	https://mhandsplearning.publichealthscotland.scot/course_registration.aspx?id=3d968bd2-a1bb-4b50-9bf1-be5fd8760c26

To be added to the distribution list to be informed when future course bookings go live please email: health.improvement@borders.scot.nhs.uk

MENTALLY HEALTHY WORKPLACE TRAINING

Details of local Mentally Healthy Workplace Training for Managers is included within this collection of workplace health and wellbeing resources:

<https://sway.cloud.microsoft/Ytg2OFWEcvfH7QrU?ref=Link&loc=mysways>

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

- **Thursday 22nd October:** 9am – 1pm
- **Thursday 19th November:** 9am – 1pm
- **Thursday 4th March 2027:** 9am – 1pm
- **Thursday 20th May 2027:** 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

SELF HARM NETWORK SCOTLAND TRAINING

The Self-Harm Network Scotland, run by Penumbra, has free training opportunities 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, parents, 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)** – covers the underlying reasons for self-harm and gives 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](#)

TOWARDS BETTER OUTCOMES: REDUCING MENTAL HEALTH INEQUALITIES AND HELPING TO PREVENT SELF-HARM AND SUICIDE – NEW E-LEARNING MODULE

NHS Education for Scotland and Public Health Scotland eLearning module "Towards better outcomes" is designed for learners across sectors and settings who have direct and/or substantial contact with people who are at risk of mental ill health, self-harm or suicide. The new module builds on the knowledge and skills developed through the "Ask, Tell, Respond" resources and promotes rights-based approaches, with a focus on Time, Space and Compassion (Scottish Government, 2023). This is an excellent module that provides a thorough overview of mental health inequalities. There are two units in the module – allow a good couple of hours to work through them (progress can be saved if you do one unit at a time).

To access the module click [HERE](#)

MONEY GUIDERS INDUCTION TRAINING

Money Guiders training is provided by the Money and Pensions Service and is aimed at those working in Health and Social Care with an interest in learning about first level money guidance to support good conversations and signposting. The training is free; you will receive a City & Guilds Qualification and digital achievement badge on completion.

Dates available:

- 02/09/2026 10:00 Wednesday
- 10/09/2026 14:00 Thursday
- 16/09/2026 10:00 Wednesday
- 24/09/2026 14:00 Thursday
- 30/09/2026 10:00 Wednesday
- 08/10/2026 14:00 Thursday
- 14/10/2026 10:00 Wednesday

The online programme is made up of six foundation modules that can be completed on a self-directed basis and over a timescale that works best for you. For more information and to get involved click [HERE](#)

GET IN TOUCH

This information bulletin was produced by Steph MacKenzie, Health Improvement Specialist (Mental Health), Charlotte Jones, Health Improvement Specialist (Suicide Prevention) and Kelda Pearce, Health Improvement Specialist (Mental Health & Suicide Prevention for Children & Young People) 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



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

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What if... asking about suicide could save a life?

SuicidePrevention.scot

