

# Mental Health Improvement and Suicide Prevention

## Information Bulletin – News / Events / Resources / Training



### Issue 15: July 2022

#### Upcoming awareness dates:

- [Talk to Us 2022](#) – Samaritans annual awareness campaign
- [National Schizophrenia Awareness Day](#) – 25<sup>th</sup> July 2022

## NEWS

### A NEW MENTAL HEALTH AND WELLBEING STRATEGY FOR SCOTLAND – CONSULTATION

The Scottish Government has launched a consultation on what a new Mental Health and Wellbeing Strategy for Scotland should look like. The strategy will cover the next five years, until 2027. They want the Strategy to focus on every part of what mental health and wellbeing means. This covers a range of things, including:

- addressing the underlying reasons behind poor mental health;
- helping to create the conditions for people to thrive;
- challenging the stigma around mental health, and;
- providing specialist help and support for mental illness.

The consultation is open until 9<sup>th</sup> September 2022.

You can find out more and take part in the consultation by visiting this webpage:

<https://consult.gov.scot/mental-health-unit/mental-health-and-wellbeing-strategy/>

### SAMARITANS AWARENESS DAY ON 24<sup>th</sup> JULY (24/7)

On 24<sup>th</sup> July and throughout the month, Samaritans will be running their awareness campaign 'Talk to Us', to remind people that they are there for anyone who needs someone to listen. The aim of the campaign is to share one simple message: Samaritans are there 24/7 for anyone who is struggling to cope. Partners are encouraged to help Samaritans raise awareness by sharing their #TalkToUs and #SamaritansAwarenessDay materials.

You can download social media assets for the campaign at this page

<https://www.samaritans.org/support-us/campaign/talk-us/toolkit/>

### JOB VACANCIES

**Borders Care Voice** is looking for a Mental Health Development Worker (21 hours per week) to join their small, friendly team. The role will be to help people with lived experience (and their unpaid carers) to be involved in health and social care settings. The post holder will promote, facilitate and support the Scottish Borders Mental Health and Wellbeing Forum, including the role it plays in wider planning around mental health services.

For further information visit the [Borders Care Voice website](#) - closing date 8 July.

**Health in Mind** is looking for a full-time Services Manager - Scottish Borders Community Mental Health and Wellbeing. The role will have responsibility for leading, developing and delivering Health in Mind services within the Scottish Borders. It is based in Galashiels with homeworking and regular travel within the Scottish Borders, salary £31,520.

For further information visit the [Health in Mind website](#) - closing date 9 July.

## **ROUND TWO OF COMMUNITIES MENTAL HEALTH AND WELLBEING FUNDING**

We are pleased to confirm that the Scottish Government Communities Mental Health and Wellbeing Fund for adults will be returning later in the summer for Round Two. The administration of the funding for the Borders will once again be provided by Third Sector Dumfries and Galloway (TSDG).

TSDG has kindly offered their staff to speak to, ahead of a possible future application. The Fund will not reopen until later in the summer and discussions are for any pre-application advice. Further details on the new application process will be released ahead of the Fund opening.

If you wish to set up a one-to-one discussion, please email [wellbeingfund@tsdg.org.uk](mailto:wellbeingfund@tsdg.org.uk) or you can call 0300 303 8558.

## **CASHBACK FOR COMMUNITIES FUND 2023 – 2026 NOW OPEN**

The latest phase of the CashBack for Communities fund is now open for applications. The fund focuses on young people at risk of entering the criminal justice system and the communities most affected by crime. CashBack Phase 6 will deliver a range of trauma-informed and person-centred services and activities for young people between the ages of 10-25 that:

- Support young people most at risk of being involved in antisocial behaviour offending or reoffending towards or into positive destinations
- Provide person-centred support for young people, parents and families impacted by Adverse Childhood Experiences and trauma
- Support young people to improve their health, mental health and wellbeing
- Support people, families and communities most affected by crime.

Please visit the website for further information about the fund criteria, guidance and application process. <https://cashbackforcommunities.org/phase6/>

## **EVENTS**

### **Mondays - 7-9pm at Gala RFC**

#### **ANDY'S MAN CLUB**

Andy's 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. Andy's Man Club meets every Monday from 7pm (excluding English Bank Holidays) at Gala RFC Hospitality Suite (to the right when you enter through the gate). Find out more at <https://andysmanclub.co.uk/>

### **Tuesday 26<sup>th</sup> July: 6-9pm at Café Recharge (Galashiels)**

#### **CAFÉ POLARI**

Café Polari is a drop in café for LGBT people and their friends. Food and refreshments are available free or by donation. This is an alcohol free zone.

**Café Polari is held at Café Recharge, 58 Island St, Galashiels, TD1 1NU**

## **Coming up in August**

### **ONE MAN WALKING, A MILLION TALKING**

#### **John Gibson's walk to raise awareness about suicide prevention**

On Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022 John Gibson will be walking through the Scottish Borders as part of his journey from Lands End to John O'Groats to raise awareness about suicide, following his son Cameron's death by suicide in 2019. There is an opportunity to join John on his journey and to welcome him to Scotland.

**John will be speaking about his journey when he arrives at the Town Hall in Jedburgh on the evening of Monday 1<sup>st</sup> August. You can book free tickets via Eventbrite to join his event and hear his story.**

Registration will open on 4<sup>th</sup> July at this link: <https://www.eventbrite.com/e/one-man-walking-one-million-talking-welcome-john-gibson-to-jedburgh-tickets-366656317917?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

**For further information please contact Denise Carmichael - [denise.carmichael@scotborders.gov.uk](mailto:denise.carmichael@scotborders.gov.uk)**

## **RESOURCES**

### **Surviving Suicidal Thoughts – new digital resource**

The new [surviving suicidal thoughts website](#) has been launched as part of the digital response in the national Suicide Prevention Action Plan. It is hoped that this resource will be helpful for our partner organisations who support people who are living with suicidal thoughts, their families, and friends. Located on NHS Inform, this features stories from people who experienced very different situations and circumstances - but who found a way past suicidal thoughts. Their words and voices offer support and strategies for people who are experiencing thoughts of suicide, and to those around them, family, friends, work mates and others. This is the first phase and further information and lived experience films, including featured highlighted groups – e.g Children and Young People, Veterans etc, will be added in future.

**For further information visit <https://www.nhsinform.scot/surviving-suicidal-thoughts>**

### **Mind to Mind**

NHS Inform has launched a new website called 'Mind to Mind' to help people who may be facing challenges with their mental wellbeing. The website features people talking about their own experiences and offers advice on topics including dealing with anxiety and panic, handling stress, sleeping better, lifting mood and moving through grief.

**To find out more visit [www.nhsinform.scot/mindtomind](http://www.nhsinform.scot/mindtomind)**

### **Support over summer from Togetherall**

Summer can be a tough time for some with many people balancing work and parenting or perhaps being away from their everyday support networks. Support is accessible at any time throughout the summer from Togetherall, where you can speak to others who understand how you're feeling and also access useful courses and resources.

**You can join the @Togetherall community for free at [www.togetherall.com](http://www.togetherall.com)**

## **TRAINING**

### **Return of ASIST**

The two day Applied Suicide Intervention Skills Training (ASIST) is now being delivered again in the Borders. There is a waiting list we are working through but if you would like to register for future courses then please email [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) for further information.

## **Mental Health and Suicide Prevention Training Information**

A new catalogue is available on the Wellbeing point that sets out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention. You can download the PDF [HERE](#)

### **E-LEARNING – access anytime**

**LIVING WORKS START SUICIDE PREVENTION MODULE** self- directed learning (60 – 90 mins)

This online course is a good introduction to learning suicide prevention skills, from the provider of the ASIST course. LivingWorks Start teaches you to recognise when someone is thinking about suicide and connect them to help and support. Using a four-step model to keep someone safe from suicide, you will have the chance to practice your skills with simulated conversations. Links to safety resources and support are available throughout.

To register for a licence email [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

## **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](mailto: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](#)



**VISIT NHS BORDERS WELLBEING POINT**

Find out more about improving your wellbeing at [www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

**VISIT NHS BORDERS SUICIDE PREVENTION HUB**

Find out more about suicide prevention resources at [www.nhsborders.scot.nhs.uk/suicideprevention](http://www.nhsborders.scot.nhs.uk/suicideprevention)

