 



**East Dunbartonshire Suicide Prevention Resource List**

**Support**

**Organisation Contact Details**

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| Support from GP  | GPs can support their patients and discuss whether medication or referral to other more specialist support services might be helpful. |
| NHS 24 | **111**When the GP practice is closed.  |
| Samaritans | **116 123**  [www.samaritans.org](http://www.samaritans.org)(24hrs/day) Calls are free. Email jo@samaritans.org Provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide  |
| Breathing Space  | **0800 83 85 87** [www.breathingspace.scot](http://www.breathingspace.scot)(Mon–Thurs: 6 pm–2 am, Fri: 6 pm–Mon 6 am) Calls are free. A free and confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to  |
| Mental Health Online Support Services | **0800 328 9655**[www.nhs24.scot/our-services/living-life](https://www.nhs24.scot/our-services/living-life)Living Life (NHS24): Offers support to people in Scotland through self-guided help and cognitive behavioural therapy. Self-refer for an assessment by calling (Monday to Friday: 1:00 pm to 9:00 pm) Guide to Using the Living Life Service  |
| The Calm Zone | **0800 585858**A helpline offering support to men, of any age, who are down or in crisis. |
| SAMH: Scottish Action for Mental Health | **0800 917 3466**[samh.org.uk/find-help](https://www.samh.org.uk/find-help) [www.samh.org.uk](http://www.samh.org.uk)supports people through their mental health journey  |
| Brothers in Arms | <https://www.brothersinarmsscotland.co.uk/>Mental health support, resources and links aimed at men’s mental wellbeing. Brothers in Arms use digital technology as a way to reach out. The Brother-Stay Alive App is a suicide prevention resource for Scotland. Full of useful information and tools to help stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a Life Box where you can store photos and memories that are important to you.  |
| MoodJuice |  [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) Web site offering information, advice to those experiencing troublesome thoughts, feelings and actions |
| NHS Inform | [www.nhsinform.scot/healthy-living/mental-wellbeing](http://www.nhsinform.scot/healthy-living/mental-wellbeing) Advice on dealing with low mood, anxiety, phobias, stress and where you can get help |
| SHOUT | **85258** Free confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and in immediate support |
| Well-Informed: | 0800 073 0918 well-informed@samh.org.uk Mental Health information service |
| Child Line | **0800 1111 247**[www.childline.org.uk](http://www.childline.org.uk)  |
| Parent Line | 0800 28 22 23[www.parentlinescotland@children1st.org.uk](http://www.parentlinescotland@children1st.org.uk) Mon – Fri 9am – 9pm, Sat-Sun 9am to noon |
| Police | 999 emergency or 101 incident report |
| PAPYRUS | [www.papyrus-uk.org](http://www.papyrus-uk.org) Prevention of young suicide |
| Hopeline | 0800 068 4141 |
| CRUSE | 0845 600 2227[www.crusescotland.org.uk](http://www.crusescotland.org.uk)  |
| Petal | 01698 324502 Nationwide[www.petalsupport.com](http://www.petalsupport.com)Supporting People Who Are Experiencing Bereavement Grief, Trauma, and Loss (affected by murder, culpable homicide, and suicide)  |
| Survivors of Bereavement by Suicide | 0844 561 655 (9am-9pm)[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)  |
| In Care Survivors Service Scotland | 0800 121 6027[www.incaresurvivors.org.uk](http://www.incaresurvivors.org.uk)  |
| *GRACE is a local charity that manage and operate peer led recovery aftercare groups in the towns of Kirkintilloch and Auchinairn, serving the whole of East Dunbartonshire* | [07401 797876](https://www.google.co.uk/search?q=grace+east+dunbartonshire&sca_esv=febbb2d9e55257df&sca_upv=1&sxsrf=ACQVn0-lanOP4bK8-_TqsMIhhWAFOPVp_g%3A1710336616877&ei=aKrxZemVNcyehbIPioeZ2Ak&oq=GRACE+east+dunbrt&gs_lp=Egxnd3Mtd2l6LXNlcnAiEUdSQUNFIGVhc3QgZHVuYnJ0KgIIADIHEAAYgAQYDUiQI1D6BFiTFXABeAGQAQCYAY8DoAGAFKoBBzAuNy40LjG4AQHIAQD4AQGYAg2gAsEUwgIKEAAYRxjWBBiwA8ICDRAAGIAEGIoFGEMYsAPCAg4QABjkAhjWBBiwA9gBAcICExAuGIAEGIoFGEMYyAMYsAPYAQLCAhMQABiABBiKBRiRAhixAxhGGPkBwgILEC4YgAQYigUYkQLCAggQLhiABBixA8ICCxAuGIAEGLEDGIMBwgIOEC4YgAQYigUYsQMYgwHCAgsQABiABBixAxiDAcICLRAAGIAEGIoFGJECGLEDGEYY-QEYlwUYjAUY3QQYRhj5ARj0Axj1Axj2A9gBA8ICCxAAGIAEGIoFGJECwgIFEC4YgATCAgUQABiABMICChAAGIAEGBQYhwLCAggQLhiABBjUAsICEBAuGIAEGBQYhwIYxwEYrwHCAgsQLhiABBjHARivAcICCxAuGK8BGMcBGIAEwgIGEAAYFhgewgILEAAYgAQYigUYhgOYAwCIBgGQBhO6BgYIARABGAm6BgYIAhABGAi6BgYIAxABGBOSBwkxLjUuNi4wLjGgB-WSAQ&sclient=gws-wiz-serp)[About Us - Group Recovery Aftercare Community Enterprise (graceaftercare.org)](https://graceaftercare.org/about-us/) |
| WITH YOU work with you on your own goals whether that’s making small changes, stopping drugs or alcohol completely or just getting some advice,if you're worried about your own or someone else's drinking or drug use, or your mental health. | [Home - With You (wearewithyou.org.uk)](https://www.wearewithyou.org.uk/) |
| East Dunbartonshire Alcohol and Drugs Recovery Service (ADRS)ADRS aims to improve the lives of people with alcohol and drugs problems in East Dunbartonshire.We offer assessment, support and treatment for alcohol and drugs issues by offering person-centred, recovery-focused care and treatment. We may refer you to other recovery services when appropriate. | **0141 232 8211** (within office hours)[Alcohol and Drugs Recovery Service | East Dunbartonshire Council](https://www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service) |
| East Dunbartonshire Recovery Life CaféThe Recovery Café runs on the first Saturday of every month in the Kirkintilloch Baptist Church. It gives people in recovery and their families the chance to share a meal and enjoy entertainment in a safe, alcohol and substance free environment. | [Recovery Life Cafe - East Dunbartonshire | Facebook](https://www.facebook.com/recoverylifecafe) |
| Know The ScoreWhether you’ve taken drugs, are thinking of taking them, or are just curious and want to know more, it’s important to know the real facts about drugs. | **0800 587 5879**[Find Out About Drugs - Know the Score](https://www.knowthescore.info/) |
| FRANK Honest information about drugs | **0300 1236600**[Honest information about drugs | FRANK (talktofrank.com)](https://www.talktofrank.com/) |
| Alcoholics Anonymous | 08457697555 |
| East Dunbartonshire Association for Mental Health (EDAMH) is a local voluntary sector organisation and charity which offers emotional, practical and social support to people experiencing mental ill health, living in East Dunbartonshire. | [East Dunbartonshire Association for Mental Health - EDAMH](https://edamh.org.uk/)[Suicide Prevention in East Dunbartonshire - EDAMH](https://edamh.org.uk/suicide-prevention/) |

**Resources**

**Topic**  **Access**

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| Ask, Tell - Look After Your Mental Health: understanding mental health and keeping mentally healthy: | <https://vimeo.com/338176495>  |
| Ask, Tell - Have a Healthy Conversation: supporting compassionate conversations with people who may be experiencing mental distress or who are at risk of suicide | <https://vimeo.com/338176444> |
| Ask, Tell - Save a Life: Every Life Matters: suicide prevention and keeping people safe | <https://vimeo.com/338176393> |
| Time space compassion podcast | [Time Space Compassion Podcast | Suicide Prevention Scotland (podbean.com)](https://suicidepreventionscotland.podbean.com/) |
| Mental Health Resources For Schools And Youth Organisations | [Mental Health Resources for Schools and Youth Organisations - NHSGGC](https://www.nhsggc.scot/downloads/mental-health-resources-for-schools-and-organisations/) |
| Package of information, resources and organisations, which are freely available to support primary and secondary school staff to support mental wellbeing.It is hoped that it will be a useful and practical resource for practitioners working with children and young people ensuring the focus on their wellbeing is equal to that of other curricular areas. The majority of these resources are universal support. | [Positive mental wellbeing - resources to support children and young people | Resources | Education Scotland](https://education.gov.scot/resources/resources-for-school-staff-to-support-positive-mental-wellbeing-of-children-and-young-people/) |

**Reading Materials**

**Information**  **Access**

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| Creating Hope Together - suicide prevention strategy and action plan: outcomes framework | [Creating Hope Together - suicide prevention strategy and action plan: outcomes framework - gov.scot (www.gov.scot)](https://www.gov.scot/publications/outcomes-framework-creating-hope-together-scotlands-suicide-prevention-strategy-action-plan-june-2023/) |
| Scotland’s Mental Health Strategy 2017-2027 | [Mental Health Strategy 2017-2027 - gov.scot (www.gov.scot)](https://www.gov.scot/publications/mental-health-strategy-2017-2027/) |
| Scotland’s Suicide Prevention Action Plan – Every Life Matters | [Suicide prevention action plan: every life matters - gov.scot (www.gov.scot)](https://www.gov.scot/publications/scotlands-suicide-prevention-action-plan-life-matters/) |
| The University of Glasgow Suicidal Behaviour Research Laboratory is a good place where you can find out more the development of the IMV model to understand suicidal behaviour | [Suicidal Behaviour Research Laboratory (suicideresearch.info)](https://suicideresearch.info/) |
| The University of Edinburgh hosts a number of research projects around suicide and self-harm and a regular webinar series on specific topics relating to social and cultural factors and work around inequalities and suicidal behaviour: | [Suicide Cultures | Suicide Cultures (ed.ac.uk)](https://suicide-cultures.ed.ac.uk/) |
| Researchers at the University of Strathclyde are also looking to further understand how self-harm and suicidal thoughts and behaviour begin, in particular around the experiences for high-risk groups such as adolescents, older adults and LGBTQ+ people:  | [Search everything — University of Strathclyde](https://pureportal.strath.ac.uk/en/searchAll/index/?search=suicide&pageSize=25&showAdvanced=false&searchFacet=orConceptIds&orConceptIds=6b381c4f-a0df-45e9-868d-72208a137fb9&orConceptIds=bc73d6f1-3bcc-449b-a6a9-13e964196f1a&orConceptIds=6bc3bc96-385c-4bc9-9289-d6cf621d40ae&orConceptIds=c3b09107-1092-408e-a799-24c1e4b14da7&orConceptIds=d92951e4-6379-4c19-9fa2-81dc60cfe264&allConcepts=false&conceptsContentFamilies=Person&conceptsContentFamilies=Organisation&conceptsContentFamilies=ResearchOutput&conceptsContentFamilies=Project&conceptsContentFamilies=Equipment&conceptsContentFamilies=Prize&inferConcepts=false&checkedConcepts=6b381c4f-a0df-45e9-868d-72208a137fb9%2Cbc73d6f1-3bcc-449b-a6a9-13e964196f1a%2C6bc3bc96-385c-4bc9-9289-d6cf621d40ae%2Cc3b09107-1092-408e-a799-24c1e4b14da7%2Cd92951e4-6379-4c19-9fa2-81dc60cfe264&searchBy=RelatedConcepts) |
| GIRFEC provides Scotland with a consistent framework and shared language for promoting, supporting, and safeguarding the wellbeing of children and young people. It is locally embedded and positively embraced by organisations, services and practitioners across Children’s Services Planning Partnerships, with a focus on changing culture, systems and practice for the benefit of babies, infants, children, young people and their families. | [Getting it right for every child (GIRFEC) - gov.scot (www.gov.scot)](https://www.gov.scot/policies/girfec/) |
| Taking into account the changing needs of our communities, the board oversees reform across relevant areas of education, health, community and children’s services and wider areas that impact on the mental health and wellbeing of children and young people. The board focuses on prevention and early support as well as promotion of good mental health and the services children, young people and their families’ access. The voices and experiences of children, young people and their families will remain central to decision making and service design. | [Children and Young People’s Mental Health and Wellbeing Joint Delivery Board - gov.scot (www.gov.scot)](https://www.gov.scot/groups/children-and-young-peoples-mental-health-and-wellbeing-joint-delivery-board/) |
| This framework sets out a clear broad approach for the support that children and young people should be able to access for their mental health and emotional wellbeing within their community. | [Community mental health and wellbeing supports and services: framework - gov.scot (www.gov.scot)](https://www.gov.scot/publications/community-mental-health-wellbeing-supports-services-framework/) |
| The Promise Scotland supports Scotland’s promise to care experienced people. It does this through leading projects to drive change across Scotland, and supporting other organisations to make the changes they need to #KeepThePromise. Watch this [youtube.com/watch?v=S4T9wwgGynY&feature=youtu.be](https://www.youtube.com/watch?v=S4T9wwgGynY&feature=youtu.be) to find out more. | [The Promise](https://thepromise.scot/) |
| Rights, respect and recovery: alcohol and drug treatment strategyScotland’s strategy to improve health by preventing and reducing alcohol and drug use, harm and related deaths. | [Rights, respect and recovery: alcohol and drug treatment strategy - gov.scot (www.gov.scot)](https://www.gov.scot/publications/rights-respect-recovery/) |
| The Communities Mental Health and Wellbeing Fund for Adults (the Fund) was established in October 2021 and to date has distributed around £36 million to community initiatives supporting mental health and wellbeing across Scotland. Funding for a third year of funding (£15 million) was announced in April 2023. The Fund has a strong focus on prevention and early intervention, and aims to support grass roots community groups in tackling mental health inequalities and challenges such as social isolation and loneliness, suicide prevention, poverty and inequality. Year 3 will see a continued focus on responding to the cost of-living crisis. The fund is distributed to local groups via Third Sector Interfaces and often is involved in the distribution of those working in mental health improvement and suicide prevention. | [Communities Mental Health & Wellbeing Fund – TSI Scotland Network](https://tsi.scot/communities-mental-health-wellbeing-fund/#:~:text=The%20Communities%20Mental%20Health%20and%20Wellbeing%20Fund%20for,funding%20(%C2%A315%20million)%20was%20announced%20in%20April%202023.) |
| Scotland's first dedicated self-harm strategy and action plan aims for anyone affected by self-harm, to receive compassionate support, without fear of stigma or discrimination. Scottish Government and Convention of Scottish Local Authorities (COSLA) jointly own it. | [Self harm strategy and action plan 2023 to 2027 - gov.scot (www.gov.scot)](https://www.gov.scot/publications/scotlands-self-harm-strategy-action-plan-2023-27/) |

**Learning**

**Topic** **Access**

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| Distress brief intervention - New module to support organisations in Scotland to recognise and respond to distress, designed by university of Glasgow | [New module to support organisations in Scotland to recognise and respond to distress - Distress Brief Intervention Scotland (dbi.scot)](https://www.dbi.scot/news/e-module-supports-recogniging-and-responding-to-distress-2/) |
| [Mental health improvement, and prevention of self-harm and suicide](https://learn.nes.nhs.scot/17099) - Aimed at those working across health and social care settings, and beyond, this framework is designed to enable individuals, their teams and managers identify and understand the values, knowledge and skills expected of them in mental health improvement and the prevention of self-harm or suicide. It will also help identify gaps or strengths in staff knowledge and skills. The framework articulates the knowledge and skills required across 4 levels of practice: informed, skilled, and enhanced and specialist. | [Mental health improvement, and prevention of self-harm and suicide | Turas | Learn (nhs.scot)](https://learn.nes.nhs.scot/17099) |
| This module helps you to reflect on Public Mental Health and a move towards more upstream, prevention focused work to complement work around improving mental health services and wider crisis support. | [MindEd Hub](https://www.minded.org.uk/Component/Details/632895) |
| Trauma is ‘everyone’s business’ and every member of the Scottish Workforce has a role to play in understanding and responding to people affected by trauma. This doesn’t mean that everyone needs to be a trauma expert —we know that different expertise and skills are required to support people’s recovery — but it does mean that all workers, in the context of their own role and work remit, have a unique and essential trauma informed role to play in responding to people who are affected by trauma | [National trauma training programme | Turas | Learn (nhs.scot)](https://learn.nes.nhs.scot/37896/national-trauma-training-programme) |
| [**The Mental Health Foundation Scotland**](https://www.mentalhealth.org.uk/), [**Digital Bricks Learning**](https://digitalbrickslearning.com/) and [**Children’s Health Scotland**](https://www.childrenshealthscotland.org/) have created a **Professional Learning Resource** for [**Scottish Government**](https://www.gov.scot/) in **Mental Health and Wellbeing**. It has been designed for all staff working in schools across Scotland. It is open access and available to anyone who may find it of benefit. | [CYPMH – Professional Learning Resource](https://www.cypmh.co.uk/) |

**Training**

For additional training in East Dunbartonshire, please contact Alcohol & Drug Partnership Development officer Yvonne.lambie@ggc.scot.nhs.uk