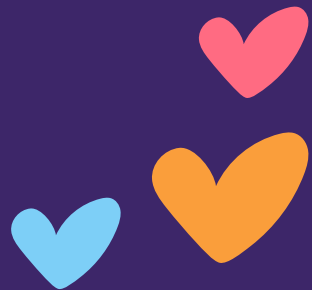


Suicide 
Prevention
Scotland.

Year 2 Key Achievements

2024-25



Communities leading suicide prevention research

Commissioned **Scottish Community Development Centre** to support four community-based organisations to undertake Community Led Action Research (CLAR).

These organisations support people who experience stigma, discrimination, inequalities and the socio-economic determinants of suicide.

Key groups

- ♥ Refugees and people seeking asylum
- ♥ People experiencing poor mental health
- ♥ People experiencing poverty



Involving families and carers to reduce risk

Used learnings from organisations working with marginalised communities to work with **three NHS boards** who are implementing effective risk management and family and carer involvement in mental health care.

This is in line with the National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) recommendations for safer mental health services.

Key groups

- ♥ Young women
- ♥ Women who have experienced domestic abuse
- ♥ Men
- ♥ LGBTQ+
- ♥ Racialised communities



Learning about suicide risk in different communities

Created learning opportunities across a range of different topic areas delivered through **workshops** and **webinars** exploring suicide risk in different communities.

Our session looking at the suicidal risk for neurodiverse people was by 600 people from a wide range of organisations across sectors!

Key groups

- ♥ Gypsy travellers
- ♥ Care experienced people
- ♥ People experiencing poverty
- ♥ Neurodiverse people



New database developed to analyse inequalities

Developed an **ethnicity database** which will be linked to Scottish Suicide Information Database (ScotSID) to enable an extra layer of inequalities analysis

Mapping **postcode data** is allowing us to identify potential relationships between deprivation and suicide rates

Implemented **suicide reviews** with five local authorities, to increase our understanding of the factors which contribute to suicide

Key groups

- ♥ Marginalised or racialised communities
- ♥ People experiencing poverty



informed by evidence

Building relationships with new, diverse organisations

Established relationships with a **number of new organisations** who have joined our wider suicide prevention network.

A number of these groups work with people who experience stigma, discrimination, inequalities and the socio-economic determinants of suicide.

Key groups

- ♥ Gypsy travellers
- ♥ Care experienced people
- ♥ People experiencing poverty
- ♥ Neurodiverse people
- ♥ Marginalised or racialised communities
- ♥ People experiencing poverty



Involving people with lived and living experience

Our **Lived and Living Experience Panel** and **Youth Advisory Group** meet regularly and have helped to shape work across the delivery plan including:

- ♥ Work in clinical settings
- ♥ Data and evidence
- ♥ Bereavement support
- ♥ Community led action research
- ♥ Our new website
- ♥ The Delphi study
- ♥ Suicide prevention action plans in high risk settings
- ♥ New public awareness campaigns framework

They have played a key role in the co-production of the Suicide Prevention Scotland campaign which will launch early in 2025-26 financial year.

Key group

- ♥ People with lived & living experience of suicide



A new event for people bereaved by suicide

Held our first **Side by Side After Suicide** event, designed by people with lived experience of bereavement for people bereaved by suicide.

Around 80 people attended, telling us they valued the opportunity to come together with others who had experienced suicide bereavement in a caring and compassionate environment.

Key group

♥ People bereaved by suicide



Time Space Compassion beyond suicide prevention

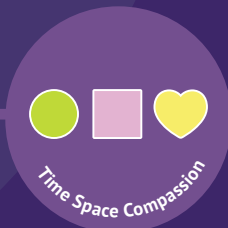
Our new **Time Space Compassion** workshop for local suicide prevention deliver leads has been a good opportunity to share these principles.

Built new opportunities to embed the TSC principles in work beyond suicide prevention, such as inclusion in the Scottish Government's Mental Health in Primary and Community Care report (December 2024)

Published a second volume of **practice stories** and launched a new series of our **podcasts**.

Key group

♥ Whole of government



Involving young people across all of our work

Working with our **Youth Advisory Group**, **Participation Network** and **Academic Advisory Group**, we've been looking at key priorities for the future, which are:

- ♥ Advocating for suicide prevention to be included into the whole school approach to mental health
- ♥ Working with youth work sector to develop effective interventions
- ♥ Development of a toolkit to support parents and peers to have conversations with young people about suicide
- ♥ Development of case studies highlighting

areas of positive practice across Scotland

- ♥ Establishing a Universities and Colleges Network, enabling sharing and peer support across the sector
- ♥ Supporting work to develop suicide prevention action plans in residential care settings

Key groups

- ♥ Young people
- ♥ Care experienced young people (including residential)
- ♥ Youth workers
- ♥ Teachers and education leaders



Creating connection with local suicide prevention staff

Provided **practical support** to local suicide prevention leads, including opportunities to come together, learn and connect as well as engage with the wider 'national' Suicide Prevention Scotland team.

As well as key events, we also offered monthly drop in sessions attended by the National Delivery Lead and Outcome 4 Lead, a bi-monthly newsletter, and Knowledge Hub Page

Key group

♥ Local suicide prevention colleagues



Gathering Hope with third sector organisations

Our second **Gathering Hope** event was attended by around 70 third sector organisations to support learning around funding, evaluation, learning opportunities and suicide prevention for LGBTQ+ young people and in communities.

Delegates were also given the opportunity to hear about and help shape work on suicide prevention relating to:

- ♥ Gender based violence
- ♥ Neurodiversity
- ♥ People seeking asylum and refugees
- ♥ LGBTQ+ communities
- ♥ Learning resources
- ♥ Men

- ♥ Communities
- ♥ Homelessness
- ♥ Bereavement by suicide

We also delivered or participated in twelve other sessions by invitation from a range of organisations.

Key groups

- ♥ People experiencing GBV
- ♥ Neurodiverse people
- ♥ People seeking asylum and refugees
- ♥ At risk men
- ♥ People experiencing homelessness
- ♥ People bereaved by suicide



Using data and evidence to inform our plans

Our **Academic Advisory** group have also published further reviews, focusing on:

- ♥ Understanding Help Seeking and Help Giving
- ♥ Policy interventions to address social determinants of suicide
- ♥ Preventing suicide by two specific means in Scotland

Much of this learning will help us shape our delivery plan from 2026 onwards.

Key groups

- ♥ People at risk of suicide
- ♥ Policy makers

