

# Newsletter April 2026

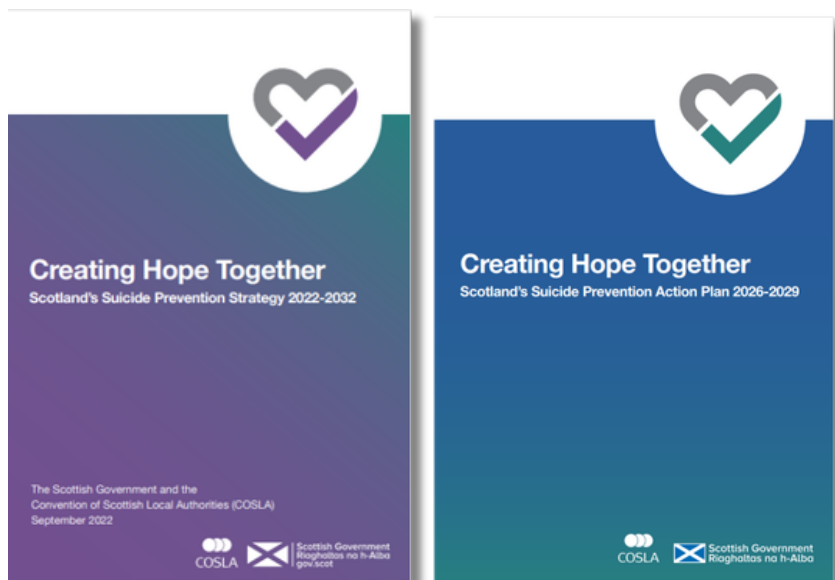
Welcome to the April 2026 edition of the Suicide Prevention Scotland newsletter.

This newsletter is a way of keeping the Suicide Prevention Scotland Network up to date with progress on implementation of the national suicide prevention strategy and also any other relevant information.

Please share this newsletter with others. If you've been forwarded the newsletter and would like to sign up to receive it directly please complete the form [here](#).

If there is anything you would like to see included in future editions or a contribution you'd like to make, please let us know via email:

[p hs.suicidepreventionteam@p hs.scot](mailto:p hs.suicidepreventionteam@p hs.scot)



In Scotland our work to prevent suicide is guided by the Creating Hope Together Strategy and Action Plan, you can click on the documents to the left to find out more.



# Welcome

Welcome to another edition of the Suicide Prevention Scotland newsletter which is once again packed with useful information and examples of suicide prevention work happening across the country.

I was pondering what I wanted to write in the introduction and came to think about the amount of work we've been undertaking in Suicide Prevention Scotland over the last few months as we transition from one Creating Hope Together action plan to the next. It has meant everyone has been involved in helping to develop a new set of actions which will shape our national work over the next three years. It



Haylis Smith  
National Delivery Lead

has been a time of thinking about how we transition from a period where we have built our understanding and our connections with many new partners who have supported this, to a time when we will use all this information to help shape practice and delivery on the ground.

Transitions like this are often filled with interest and excitement, questions like “what new things should we be doing to help prevent suicide in Scotland?” have been on our minds. But transitions can also be a bit unsettling, a time when people are looking around and wondering what their role will be and what their work will look like over the next three years.

This transition is also taking us into the middle of three action plans which will accompany the ten year strategy, it hardly seems any time since we started to deliver the first action plan and I'm sure the speed at which 2029 will come at us will feel no different.

Our new action plan for 2026 – 2029 is once again ambitious, I am motivated by its ambition. I was looking for a quote which matched how I was feeling about this period and how I can lead the Suicide Prevention Scotland work into this new phase and found these words from Socrates “The secret of change is to focus all of your energy not on fighting the old, but on building the new” (Socrates). I know the amazing team of outcome, delivery and implementation leads are fully focused on building the new and we are grateful to everyone reading this, for being on this journey with us and playing your part in helping to prevent suicide in Scotland.

Haylis

# National Updates

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

### Campaign evaluation

In 2025, we set out to have Scotland's biggest ever conversation about suicide. Since then, the **What If campaign** has grown across three phases, each building on the last. It started by encouraging people to talk more openly about suicide, then created space for deeper conversations through the What If podcast. Phase three has focused not only on having conversations about suicide, but giving people the confidence to **ask someone they're worried about if they are thinking about suicide.**



From the beginning, the campaign has been shaped by people with lived experience of suicide.

In phase three, we established a new co-production group, and brought together six new ambassadors who all have their own experience of asking someone about suicide, or being asked

themselves.

We know that while people are more open to talking about suicide, asking someone directly can still feel difficult.

The message is simple. If you are worried about someone, asking them directly about suicide could save their life.

To support this, the campaign introduces three steps:

- Ask directly
- Listen and acknowledge
- Keep safe



# What if asking about suicide could save a life?

This gives people something practical to take away, and helps build confidence in what to do next.

## Channels and approach

The third phase used a mix of channels to reach people in different ways, building on what worked well in earlier phases while expanding the overall reach of the campaign.

For the first time, television was introduced, with the advert shown across Scotland on STV & ITV X. TV allows the campaign to reach a much broader audience, including people who may not engage with social media or online content.

Radio supported this phase of the campaign, with an advert voiced by Jordan Butler, who also has lived experience of suicide.

A presence on radio has helped to extend reach across different parts of the country, while also reinforcing the message in a more everyday, familiar setting (at home, in the car), where people may hear it more than once.

Content was shared across [Instagram](#), [Facebook](#), [LinkedIn](#) and [YouTube](#), including ambassador stories, short clips and the animation series.



These channels allow us to reach specific audiences, as well as repeat the message over time. They also give people the chance to engage more directly, whether that's watching longer content, sharing posts or responding to what they've seen.

We have also encouraged organisations within our network to share our campaign across their own social channels, by providing the opportunity to order campaign assets. If you would like to get involved, place your order [here!](#)

# What if asking about suicide could save a life?

## Feedback and early analysis

Feedback has been positive, with stakeholders and partners responding well to the clearer focus on asking directly about suicide. Some social media comments also suggest that people are reflecting on whether they would feel able to ask someone this question.

People working in suicide prevention have told us that, because of the campaign, people feel reassured that they can ask someone directly about how they're feeling and if they're considering suicide.

Others have shared that they have asked someone directly about suicide, and supported them to get the help they need.



From what we're hearing so far, the campaign is helping people feel more able to ask the question and support someone who might be struggling.

# Events Calendar and resource library now live on [www.suicideprevention.scot](https://www.suicideprevention.scot)



The website admin team at Suicide Prevention Scotland are pleased to announce that the events calendar and resource library are now live. These pages sit under the 'I work in suicide prevention' sections on the website.

## Events Calendar

The events calendar will help people working in suicide prevention to publicise events, and make it easier to find out what is happening across the sector.

You can submit your events by clicking the 'submit an event' button. The admin team will then review your information, reach out if clarification is needed, and add your event to the calendar.

We aim to introduce an events calendar for the general public after we have tried and tested this new feature.

<https://www.suicideprevention.scot/events-calendar>


## Resource Library

The searchable resource library brings together trusted information, guidance, training materials and research to support everyone working to prevent suicide. You can search by resource title or category.

With over 90 resources already uploaded, we hope you will help us to expand the library over time.

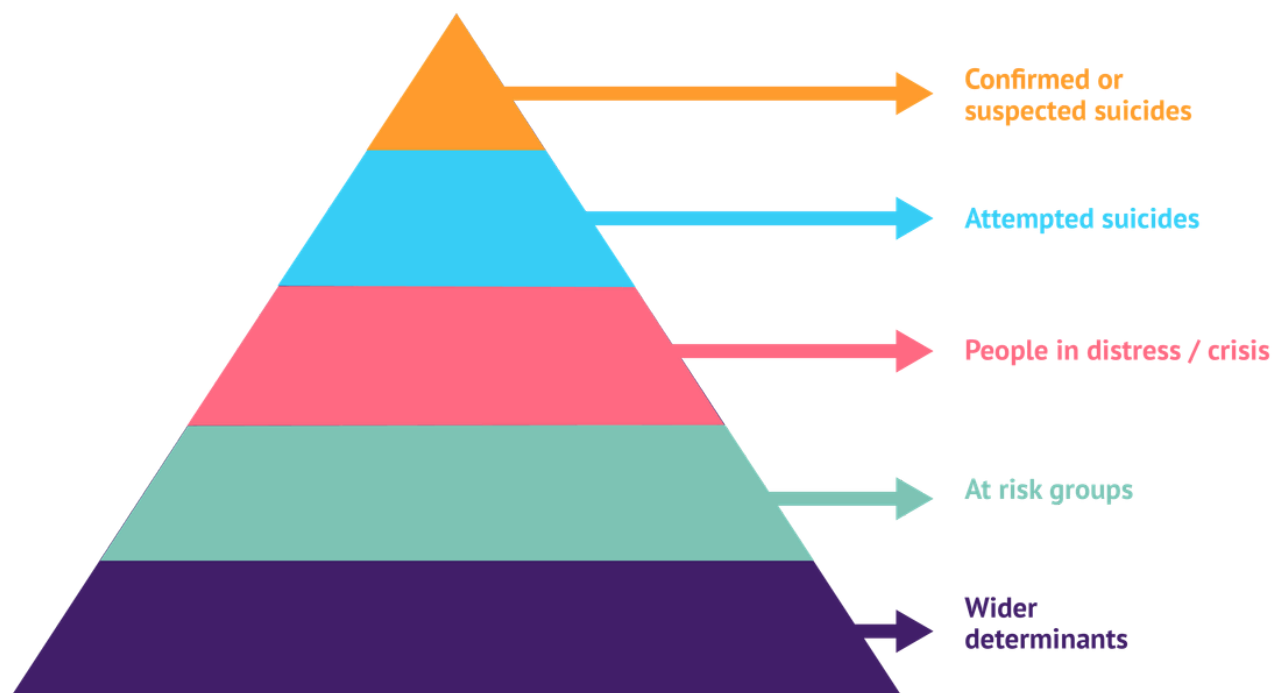
<https://www.suicideprevention.scot/resource-library>

The website admin team would appreciate your help in testing and improving these features. Please send your feedback and ideas to [enquiries@suicideprevention.scot](mailto:enquiries@suicideprevention.scot)



# Toolkit in focus: Data and Information Sharing

The Data and Information section of the Local Suicide Prevention Planning and Implementation Toolkit supports partners to make effective, responsible use of data to inform suicide prevention work. It brings together practical guidance on relevant local and national data sources, how to interpret and use data meaningfully, and key principles for safe and ethical information sharing.



The resource shows how data can help identify trends, locations of concern and opportunities for prevention, while also supporting monitoring, evaluation and learning. It includes clear explanations, reflective questions and practice examples, highlighting how data can be combined with lived experience, professional insight and evidence to shape action.

- Download the [Data and Information Toolkit](#)
- Take a look at the [Suicide Prevention Data Sources Summary](#).
- Listen to our [podcast episode on Data and Intelligence](#)

# New practice example: Dundee



Dundee is moving upstream in its suicide prevention work by broadening the data used to understand and respond to risk.

**Suicide Prevention Scotland.**

### Who With

The group decided to focus initial data collection around existing agencies:

- Hope Point
- Locations of concern
- Distress Brief Intervention service
- The Corner (supporting young people)
- Cool2Talk (online service for young people)

The findings are shared with the Suicide Prevention Group and key points from the reports are integrated into broader reports for committees overseeing adults and children at risk, and with the Chief Officers Group.

An example of how the data is presented is below:

Confidential - Management information only - Not for distribution/publication

**Suicide Prevention Dataset**  
Information for Quarter 1 (Apr-Jun 2025/26)

#### Overview

Qualitative data drawn from partners' feedback, below, giving an overview of Dundee City's situation.

#### Hope Point

Qualitative data directly from partners, giving an overview of their activity/situation in the context of suicide prevention.

#### Distress Brief Interventions

Qualitative data directly from partners, giving an overview of their activity/situation in the context of suicide prevention.

#### The Corner - No. of contacts

Bar chart showing number of contacts.

#### The Corner - Breakdown of Gender

Pie chart showing gender breakdown: Female, Male, Trans/Other.

#### The Corner - Top 8 Contact reasons

Bar chart showing top 8 contact reasons.

#### Distress Brief Interventions (with suicidal thoughts) - No. of referrals

Bar chart showing number of referrals.

Practice example: Moving more upstream in suicide-related data

[SuicidePrevention.scot](https://SuicidePrevention.scot)

Building on existing sources of suicide data, a short-life working group mapped and organised wider suicide-related information—covering suicidal thoughts, suicide attempts and service use—alongside meaningful context to help interpret emerging patterns.

The result is a practical, adaptable framework shared through quarterly charts and reports to strengthen strategic oversight and support better informed

decision making and action.

[Read the practice example here.](#)



# Exploring Safety and Risk: Practice guide 4

The latest Creating Hope with Peer Support practice guide from the Scottish Recovery Network explores how peer supporters approach safety through presence, honesty and shared responsibility.

Bringing together insights from peer supporters, it highlights ways of responding to safety concerns that build trust, reduce isolation and help people stay connected during difficult times.

## Exploring Safety and Risk.



Other practice guides in the series explore Creating Safe Spaces, Supporting People Experiencing Distress and Navigating Discomfort in the Peer Relationship.



All of the guides complement the Creating Hope with Peer Support Pathway resource, while also working effectively as standalone tools for those involved in mental health recovery and suicide prevention.

Download for free from Scottish Recovery Network's Peer Recovery Hub:  
<https://scottishrecovery.net/resources/creating-hope-with-peer-support-practice-guides/>

# Supporting our people in the Scottish Ambulance Service so we can best support the public.



The Scottish Ambulance Service (SAS) is often the first place called for help to support the immediate risk of someone taking their own life. We strive to educate staff to provide the best care for patients' crisis times. We considered how we support our staff if they find themselves in crisis in their own suicidal place or in the aftermath of a traumatic loss which has enormous impact on teams. We gathered a group of knowledge and lived experienced staff in order to improve care around crisis and following a colleague lost to suspected suicide to collate knowledge & experience of supporting staff and implement useful resources.

Using the Association of Ambulance Chief Executives Suicide Prevention & Postvention Toolkit [AACE-Suicide-Toolkit-A5.pdf](#) we have compiled our own specific managerial guidelines for postvention support with clear, wider signposting for immediate and longer term responses, and linked this into existing staff support measures.

We also work closely with The Ambulance Staff Charity (TASC) who developed a 24/7 phonenumber for suicide and mental health crisis support that is well utilised across the Ambulance Sector in the UK.

We are sourcing additional and accessible training to improve how we establish clear and confident conversations around suicide as part of a range of awareness raising and proactive staff care measures.

We are proud of the care we offer to others and continue to fight the stigma of mental health and suicide that exists within any organisation. Using Creating Hope Together 26-29, we want to keep learning, connect with others and make our staff support as strong as it can possibly be, knowing that will ultimately help the public we serve.

The Ambulance Staff Charity Crisis Support Phonenumber [The Ambulance Staff Crisis Phonenumber - tasc](#)



# Local Updates



## The Beacon – 1 year anniversary

**The Beacon, Angus's Community Wellbeing Centre in Arbroath**, is celebrating its first anniversary after supporting more than 800 people and providing over 4100 individual support sessions in its first year.

Providing community support for anyone living in Angus aged 16 and over, The Beacon is open from 12 noon to 12 midnight, seven days a week, every day of the year.

The Beacon has supported  
**more than 800 people**  
providing over  
**4,100**  
**individual support sessions**  
in year one.



**The Beacon**

“ Feels so good when you can talk to somebody about your problems, and when **somebody listens.** ”



**The Beacon**

The centre offers a kind, caring and compassionate place for people experiencing mental health and wellbeing distress. Anyone can access support, including family members and carers, either in person, over the phone, via text or email, or by reaching out through social media.

Emotional distress can look different for everyone. Thanks to the person-centred support available, The Beacon has been able to empower residents across Angus to improve their wellbeing, helping them access the care and support they need at the time they need it most.



# Suicide Prevention Training - Evaluating the Impact



The Glasgow City Suicide Prevention Partnership (GCSPP) Training Subgroup were selected to display a poster at the NES National Workforce and Education Conference 2026 - Collaborate. Innovate. Transform: Delivering change towards improving health, social care and other public services in Scotland. The **poster** was displayed on 23rd and 24th April 2026, and describes the aims and outcomes of the ASIST and safeTALK Impact Evaluation Reports for 2024.

The abstract introduction reads:

"Every day, two people die by suicide in Scotland, yet most individuals experiencing suicide thoughts signal their distress in some way. Suicide is preventable when caregivers are well prepared to respond.

As part of Glasgow City's strategic commitment to reducing suicide—and in alignment with Scotland's national Suicide Prevention Strategy and Action Plan, Creating Hope Together—the Glasgow City Suicide Prevention Partnership (GCSPP) delivers ASIST and safeTALK training to frontline, interprofessional staff.

This poster presents the 2024 impact evaluation of these programmes, illustrating how evidence based, collaborative training strengthens local and national suicide prevention aims."

This is the second report that the GCSPP Training Subgroup have produced which has been recognised not only in Glasgow but also by LivingWorks in Canada. The current Impact Evaluation Reports for 2025 can be viewed here: **[ASIST Impact Evaluation Report](#)**, **[safeTALK Impact Evaluation Report](#)**.

This has been a real team effort from the GCSPP Training Subgroup, and we are pleased to share it. Please view the poster on the link above and send any comments or thoughts to the GCSPP Training Subgroup Chair to feedback to the group. **[Larry.Callary@nhs.scot](mailto:Larry.Callary@nhs.scot)**



# Community Connection in Action: Hive on the Road in Stratherrick and Foyers



In rural communities, meaningful change often begins with simple, consistent presence. In the rural area of Stratherrick and Foyers, the Hive on the Road project delivered by Mikeysline is demonstrating just how powerful that presence can be. This community-based initiative has been making a quiet but

profound difference across the area, giving time and creating space with compassion.

As one local partner from the Boleskine Community Care Hub explains:

“Our community is a rural, largely older population where conversations around mental health haven’t always come easily. Having Kirsty visit The Hub once a month has helped to change that in a really gentle, meaningful way.

By simply being present and approachable, Kirsty has normalised conversations around mental health. Over time, people have felt more comfortable talking openly, without it feeling like a ‘big deal.’ This has allowed us to offer invaluable support in a way that feels natural, respectful and truly rooted in the community. The difference her presence has made cannot be overstated.”

That gentle, relationship-led approach is echoed by the Midweek Minglers group:

“Through Kirsty, Mikeysline brings a real sense of warmth and reassurance to our community. She has a lovely way of lifting people’s spirits, and her visits are always something we genuinely look forward to. Kirsty is friendly, approachable and easy to talk to, and she really listens. Knowing she comes regularly and that there’s someone there for a wee chat if worries or anxieties are bubbling away brings a lot of comfort and means so much to our community.”

In communities like Stratherrick and Foyers, where stigma and isolation can be barriers to seeking support, the Hive on the Road shows that prevention doesn’t always start with big campaigns – it often starts with a conversation, a familiar face, and a trusted space.

By embedding support directly within the heart of the community, we can collectively normalise conversations surrounding mental health, reduce isolation, and strengthen the protective connections that keep people well.

## Mikeysline – A Day With Hive On The Road (North)

At Mikeysline, our second *Hive on the Road* has recently begun visiting more remote parts of Sutherland and Caithness, offering one-to-one support and listening to the personal stories that shape everyday life. Time spent on the road creates space to step away from routine and truly hear what people are experiencing.

During a recent visit to Lochinver, a small village in the Assynt area of Sutherland, one conversation in particular stood out. After a one-to-one session with Charlotte Butler, HOTR Development Manager, a community member shared:

“Sitting down outside of my personal universe kick-started a process of getting support and unpicking the good and the bad. Until then, I felt like I was spiralling, but now I feel that I’m more orientated.”

It’s a powerful reminder of the impact that reflection, connection and being truly heard can have. By the end of that conversation, one small but meaningful step had emerged: dusting off old photographs from a time when they were a keen photographer and beginning to organise them into albums. One of those photos is shared here - a glimpse into an earlier chapter and a reminder that even small actions can help us move forward.

Days like this highlight the true value of being out in communities, listening and learning. Even brief conversations can help people feel more grounded and supported - and that in itself makes the journey worthwhile.

For more information, please visit:

<https://getinvolved.mikeysline.co.uk/hive-on-the-road/>





## Suicide prevention in construction funded training - Built by the industry, for the industry

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.

This training has been developed with the industry, for the industry. It was shaped through focus groups with construction workers and industry partners, ensuring the content reflects real experiences and pressures faced on site. The result is a practical, relevant session that speaks directly to those working across construction and related roles.

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.

Since launching in October 2025, demand for the training has been high, with consistently positive feedback from participants. 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](mailto:ciif.training@samh.org.uk)

# Reading Corner



## **Behind the Curtain: Guest Suicides in Hotels and Tourist Attractions**

The paper looks at suicides in hotels and the tourism industry's reluctance to acknowledge suicides on their premises, which has limited research in this area. It examines the impact on housekeeping staff, management responses, and whether environmental design changes could help prevent suicides. The study finds a clear need for better staff training and support before and after incidents, while noting that the anonymity of tourism settings will likely always make them attractive locations for suicide, and calls for further research on motivations and staff impacts.

**[Click here \(or the title\) to access the article.](#)**



# Key documents and information

## Key documents around suicide prevention

### Local Area Suicide Prevention Planning & Implementation Toolkit

-  Document 1: Introduction
-  Document 2: Action Plan Development
-  Document 3: Outcomes, Monitoring & Evaluation
-  Document 4: Governance & Collaboration
-  Document 5: Data & Information
-  Document 6: Involving People with Lived & Living Experience
-  Document 7: Youth Participation Practice
-  Document 8: Postvention & Incident Response
-  Document 9: Induction Pack

You can also listen to our accompanying podcasts on topics covering data, suicide bereavement, involving people with living and lived experience and work around children and young people.

### Knowledge and Skills Framework for Mental Health Improvement and Suicide Prevention

#### Locations of Concern guidance

#### Cluster guidance

#### Public Memorial guidance

### Time Space Compassion - supporting people experiencing suicidal crisis: introductory guide

### Creating Hope Together - strategy

### **Updated!** Creating Hope Together - action plan

### Creating Hope Together - EQIA

### Creating Hope Together - strategy (easy read)

### Outcomes Framework

