

Newsletter September 2025

**Suicide Prevention
Scotland.**

Working to deliver Creating Hope Together

Welcome to the August 2025 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 new national suicide prevention strategy and also any other relevant information.

Please share this newsletter with others.

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:

phs.suicidepreventionteam@phs.scot

The document contains some hyperlinks. For example if you hover over the pictures of Creating Hope Together Strategy and Action Plan below, it will take you to the online version of the strategy and action plan.



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



National Update

This newsletter is another bumper issue setting out a huge amount of work happening across Scotland at local and national level. Suicide Prevention Scotland's annual report which was published in August also sets out the wide-ranging work which has been delivered over the last year to help achieve the long term outcomes of the Creating Hope Together Strategy. We also published our annual delivery plan for the current financial year which sets out what we aim to deliver over this time.

It's hard to believe it is almost three years since we published Creating Hope Together in September 2022. Our first three-year action plan will come to an end at the end of this current financial year and so we are now beginning the process of developing our second action plan, building on the work we've delivered to date and considering what else we need to make sure it is fit for purpose for the future. It was great to have over 70 people in the COSLA conference centre on the 1st September to begin that process. We'll keep you updated as we continue to engage with stakeholders and develop the new action plan.



Haylis Smith
National Delivery Lead

World Suicide Prevention Day (WSPD) on the 10th is fast approaching. I know many people reading this will be deep in planning and delivery of activity across Scotland to mark the day. I know that for all of us working in suicide prevention, that our work happens 365 days of the year, but having a day where there can be an increased focus, helps to ensure that suicide prevention messages reach across our communities and increase the likelihood people will find the help and support they need.

At a national level we will marking WSPD by launching the second phase of our campaign with a podcast series of four conversations with some incredible guests. These podcasts will build on the 'What if a conversation about suicide could save a life' theme and will continue to encourage people across Scotland to open up conversations about suicide.

Thank for all you do to help prevent suicide in Scotland
Haylis

Children & Young People Update



Resource launched focused on suicide prevention in schools

In July a new guide was launched which captures some of the suicide prevention practices taking place across schools in Scotland.

Throughout the document those leading on the work in their area share in their own words why they started this work, what they have done and what has been achieved. To complement this, a podcast has been produced which focuses on the work of three local authorities and discusses the common learning and their advice to others. Both the guide and the podcast episodes can be found [here](#).

National Suicide Prevention Network for Colleges and Universities

Last year a new National Suicide Prevention Network for Colleges and Universities was established which is co-chaired by Suicide Prevention Scotland and Strathclyde University. The network is a space for sharing learning, resources, providing peer support and raising policy themes arising across colleagues working in Scotland's universities and colleges as they develop, implement and evaluate their suicide prevention activities. If you work within a college or university and would like to connect to the network please contact jenny@cosla.gov.uk

Children and Young People Local Suicide Forum

Additionally a Children and Young People Local Suicide Forum has been established by Suicide Prevention Scotland, this brings together those working locally to prevent suicides for children and young people. It too aims to be a space for sharing learning, resources, providing peer support and raising policy themes arising across colleagues working locally as they develop, implement and evaluate their suicide prevention activities. If you work locally on children and young people's suicide prevention and you would like to connect with the forum then contact phs.suicidepreventionteam@phs.scot



New Resource to launch during Suicide Prevention Awareness Week that will support parents/ carers/trusted adults and young people to have conversations

A new toolkit will be launched on the 13th September at the V and A in Dundee from 11-1.30. At the launch we will hear from the designers of the toolkit, they shall share how it can be used and how it was co-designed and developed. Throughout the day there will be a marketplace of stalls from services that support families and/or children and young people's mental health as well as a practical studio where attendees can explore the resource at their own pace and provide feedback.

There are 125 places that will be open to everyone and allocated on a first come basis via an advert from the V&A, which has been circulated to the Suicide Prevention Scotland Network. Given this we are asking that organisations register for no more than three places. To book a place please click [here](#).



Creating Hope Podcast: Podcasts for the Suicide Prevention Workforce



The Suicide Prevention Implementation Leads at Public Health Scotland (PHS) have been working with a range of partners to develop a series of podcasts focused on four key areas of suicide prevention.

The podcasts are a series of insightful conversations with guests working in suicide prevention who bring learning from their practice as well as people with lived and living experience of the areas being discussed.



Susie Heywood
Public Health Scotland



Catriona McDougall
Scottish Recovery Network

The areas focused on are:

- Involving lived and living experience
- Utilising data to inform suicide prevention activity
- Work with children and young people
- Bereavement by suicide

The result is four illuminating and thoughtful conversations which we hope will support the local suicide prevention workforce as they continue to drive forward work across Scotland.

Please do take a listen, share with colleagues who may also benefit, and let us know your thoughts by emailing us at phs.suicidepreventionteam@phs.scot

You can listen to the podcasts wherever you get yours – simply search for Suicide Prevention Scotland. Alternatively get our feed on [Podbean](#) or [YouTube](#).



Peer Support - Getting Started



Nic is Founder and Co-organiser of Living Warriors Project in Edinburgh. In this short film from the event, Nic shares their experiences of setting up and facilitating a community-based peer support group for survivors of attempted suicide.

This film is part of sharing the learning from the Peer Connects programme.

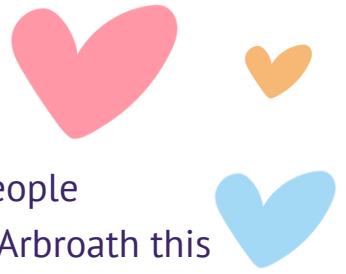


Watch <https://youtu.be/5PaQB5Y1En8?si=cs5K11wMMLA8R2E>

To find out more about forth-coming events check out the events brochure <https://heyzine.com/flip-book/68a8f49628.html>



New Community Wellbeing Centre opens in Angus



The Beacon, a new Community Wellbeing Centre to support people experiencing emotional distress in Angus, opened its doors in Arbroath this summer.



From left: Eunice McLennan, Head of Community Health and Care Services Angus HSCP; Gail Forrest, Lead Officer Angus HSCP; Ingrid Hainey, Strategic Business Manager Hillcrest Futures; John Booth, Director of Hillcrest Futures; Jayne Fotheringham, Service Manager Hillcrest Futures

The Beacon offers community support for anyone living in Angus aged 16 and over, from 12 noon to 12 midnight, 7 days a week, every day of the year.

Providing a kind, caring, and compassionate place to go if you are suffering from mental health and wellbeing distress, everyone, including family members and carers, can access support in person, over the phone, via text, email, or by reaching out on social media.


The Beacon is located at Kirk Square, Arbroath, DD11 1DX, and people seeking support can call 0800 135 7899 or text 07418 632 399.

The new facility has been commissioned by Angus Health and Social Care Partnership and is managed by Hillcrest Futures.

Jillian Galloway, Chief Officer at Angus Health and Social Care Partnership said: "I am delighted to see the opening of The Beacon in Angus. We know that people experiencing emotional distress should be able to access help as quickly as possible and it's wonderful to see that become a reality with the opening of the new centre.

"It is fantastic to see the hard work of all partners who have made this new facility a reality and continue to go above and beyond to ensure its success."





John Booth, Director of Hillcrest Futures, added: “We’re proud to be delivering such an essential service in Angus through The Beacon. Our team is passionate about providing a safe, welcoming space where people can feel heard and supported, especially during their most vulnerable moments. The Beacon will offer caring, compassionate support to help people on their journey to better mental wellbeing.”

Follow us on Facebook and Instagram to find out more:

<https://www.facebook.com/TheBeaconAngus>

<https://www.instagram.com/thebeaconangus/>

Click here for more information: <https://hillcrest.org.uk/hillcrest-futures/our-services/the-beacon/>



World Suicide Prevention Day - Special Edition Newsletter



This edition of the newsletter features examples of some of the work happening across Scotland for World Suicide Prevention Day on 10th September and the weeks surrounding it. Thank you to those areas who submitted their plans! If you have upcoming events please get in touch and let us know on phs.suicidepreventionteam@phs.scot

Creating Hope with Peer Support: Newsletter, Workshops & Events

Peer support saves lives. This World Suicide Prevention Day, Scottish Recovery Network is releasing a special edition newsletter packed with inspiring peer support events, powerful stories, practical resources, and new opportunities to get involved. Don't miss out, [**sign up now**](#) to receive it straight to your inbox and be part of the movement for hope, connection, and change.

You'll also get first chance on tickets for the Peer Support Creating Hope National Event happening on 11 November in Stirling. This event will showcase innovation and share learning from the first 3-years of the Creating Hope with Peer Support project and outline what's next!

Scottish Recovery Networks workshops are an opportunity to build confidence and skills to provide peer support to people affected by suicide, while making meaningful connections. We have dates available in the Highlands, Renfrewshire and Glasgow.

You can find out more and book on these workshops and events on our [**Creating Hope with Peer Support Eventbrite page**](#).



Creating Hope with Peer Support in Forth Valley



NHS Forth Valley, in partnership with the Scottish Recovery Network, will be hosting a Creating Hope with Peer Support Event on Wednesday 17th September.

The aim of the event is to bring together:

- Local peer supporters
- People with lived and living experience
- Third sector mental health workers, managers and leaders
- Health and Social care sector professionals

to better understand peer support around suicide prevention and explore how peer support can play a greater role in the support offered locally to people affected by suicide.

Participants will have the chance to share their learning and experience of peer support networks, as well as contributing to discussions that will connect local activity, and build on existing peer support networks across the area.

It is hoped that improving and expanding the Peer Support Network in Forth Valley will support open and honest conversations, helping to change the narrative around suicide.

If you live and / or work in the Forth Valley Area, and would like to build your confidence around peer support by participating, you can book a place here:

<https://CHPSForthValleyEvent.eventbrite.co.uk>

For more information on Creating Hope with Peer Support click **[here](#)**.



New Dawn New Hope Gatherings



Come along to Walkerburn Bowling Club and Coldingham for special darkness into light events for those touched by suicide.

When	Sunday 7th September 6am– 8am with arrival from 5.40am
Meeting Place & Gather Point	Walkerburn Bowling Club with gathering at the Riverside opposite Henry Ballantyne Club Coldingham Community Beach Hut
Further Information	Join us for a special New Dawn New Hope gathering to challenge stigma around suicide, create hope and remember loved ones.

Register at Eventbrite:

- **Walkerburn:** <https://www.eventbrite.com/e/new-dawn-new-hope-gather-tickets-1556318974949>
- **Coldingham:** https://www.eventbrite.com/e/new-dawn-new-hope-tickets-1601913760179?fbclid=IwY2xjawMlHJZleHRuA2FlbQlxMABicmlkETBEZ0d2NExtckN5OGNxZ09lAR4eSG9mdTyYBEcV_y_c--vhZ3TjN6sKyUWLLJ-p8JoWwgK7ygneM7rMJ3iQ9O_aem_xm10gsp_M_qZO6n8QfxWfQ

Small actions you take can build hope and help to prevent suicide.

For more information go to

www.nhsborders.scot.nhs.uk/suicideprevention



What if.....Fife's Suicide Prevention Awareness Week

5th-12th September 2025



Fife's Health Promotion Service, Fife Health and Social Care Partnership has collaborated with partners to support Suicide Prevention Week 2025. Fife's Health Promotion Service local campaign supports #WhatIf, the national campaign from Suicide Prevention Scotland, co-created by people with lived and living experience of suicide.

Together, let's join Scotland's biggest conversation about suicide:

- Join Fife's **What If...Virtual Event** on 10th September from 930-1230 to find out how listening and talking can create hope, learn about local listening services and consider upstream prevention in reducing distress, crisis and suicide risk. [Book here](#).
- Join a **Walk and Talk Session** at Lochore Meadows Country Park on Tues 9th Sept 1800-1900 or on Fri 12th Sept 10-1130 at Dunfermline Athletic Football Club. No need to book.
- If you want to learn more about the **role of Peer Support** in suicide prevention sign up to Fife Voluntary Action's introduction session on Tues 9th Sept. [Sign up here](#).
- If you're a **peer supporter / worker** you can sign up to a free one day workshop. on 12th September with Fife Voluntary Action and Scottish Recovery Network. [Register here](#).
- There are also a range of **What If... Face to Face, Virtual Awareness Sessions and Digital Learning Sessions** taking place across the week and beyond. Find out more [here](#).

Talking about suicide is the best way to prevent it from happening. This year, during Suicide Prevention Awareness Week, we ask you to consider: What if a conversation about suicide could save a life?

To download the digital resource pack, visit www.hpac.fife.scot.nhs.uk or for further information, email: fife.fifesuicidepreventionnetwork@nhs.scot



Events



Self-Harm Network Scotland (SHNS) Conference

This will be a full-day in-person event designed for professionals who support people who self-harm. Please see event information below, which can also be found on our Eventbrite page where you can order your ticket:

<https://bit.ly/46weQHs>



Date: 7th October 2025



Location: The Board Walk, 105 Brunswick Street, Glasgow, G1 1TF



Theme: Developing Best Practice Around Self-Harm Support



Cost: Free (Lunch provided)



Key documents and information

Key documents around suicide prevention

Local Area Suicide Prevention Action Plan Guidance



Document 1: Introduction



Document 2: Governance and Collaboration



Document 3: Data, Evidence and Intelligence



Document 4: Monitoring and Evaluation



Document 5: Participation Practice

Creating Hope Together - strategy

Creating Hope Together - action plan

Creating Hope Together - EQIA

Induction Pack for Suicide Prevention Leads

Creating Hope Together - strategy (easy read)

Knowledge and Skills Framework for Mental Health Improvement and Suicide Prevention

Creating Hope Together - action plan (easy read)

Locations of Concern guidance

Cluster guidance

Outcomes Framework

Public Memorial guidance

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

