



University of
Strathclyde
Glasgow



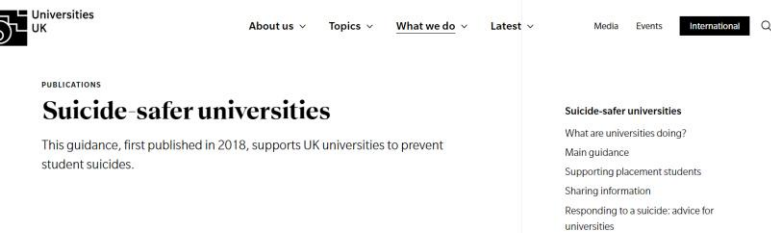
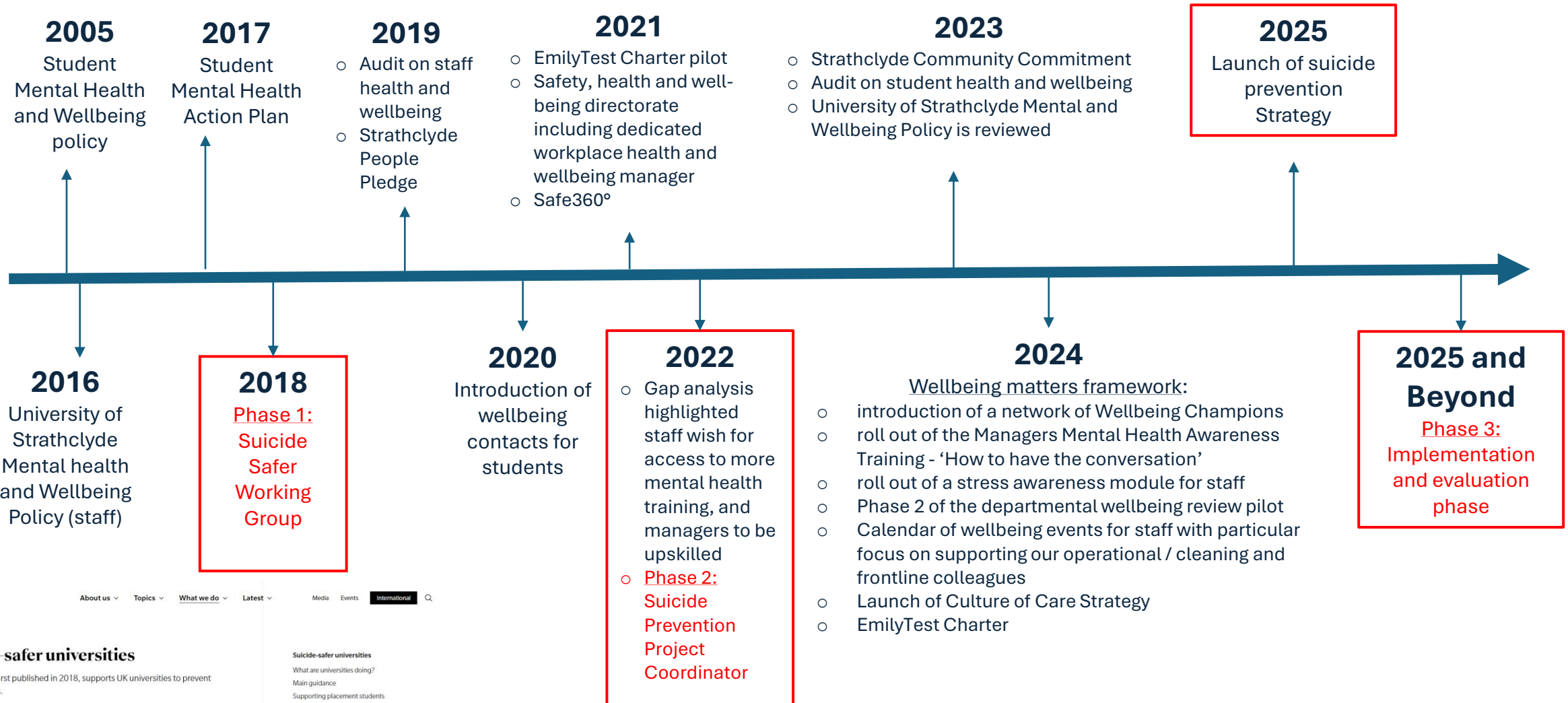
Royal Charter
since 1964
Useful Learning
since 1796

Suicide Prevention: Developing a collaborative approach

Tony Kane, Mental Health Strategy, Training & Partnerships Manager

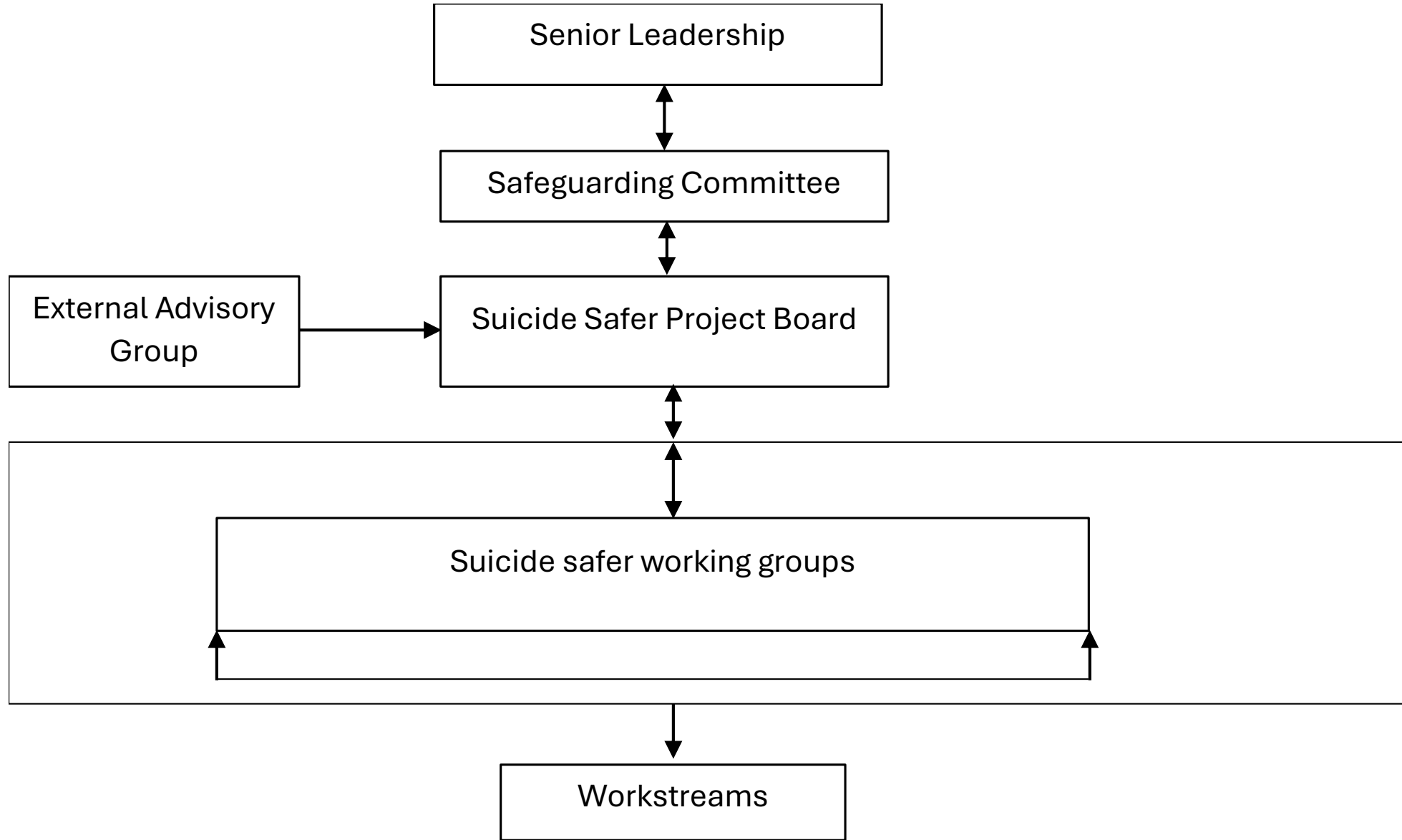
Setting the scene

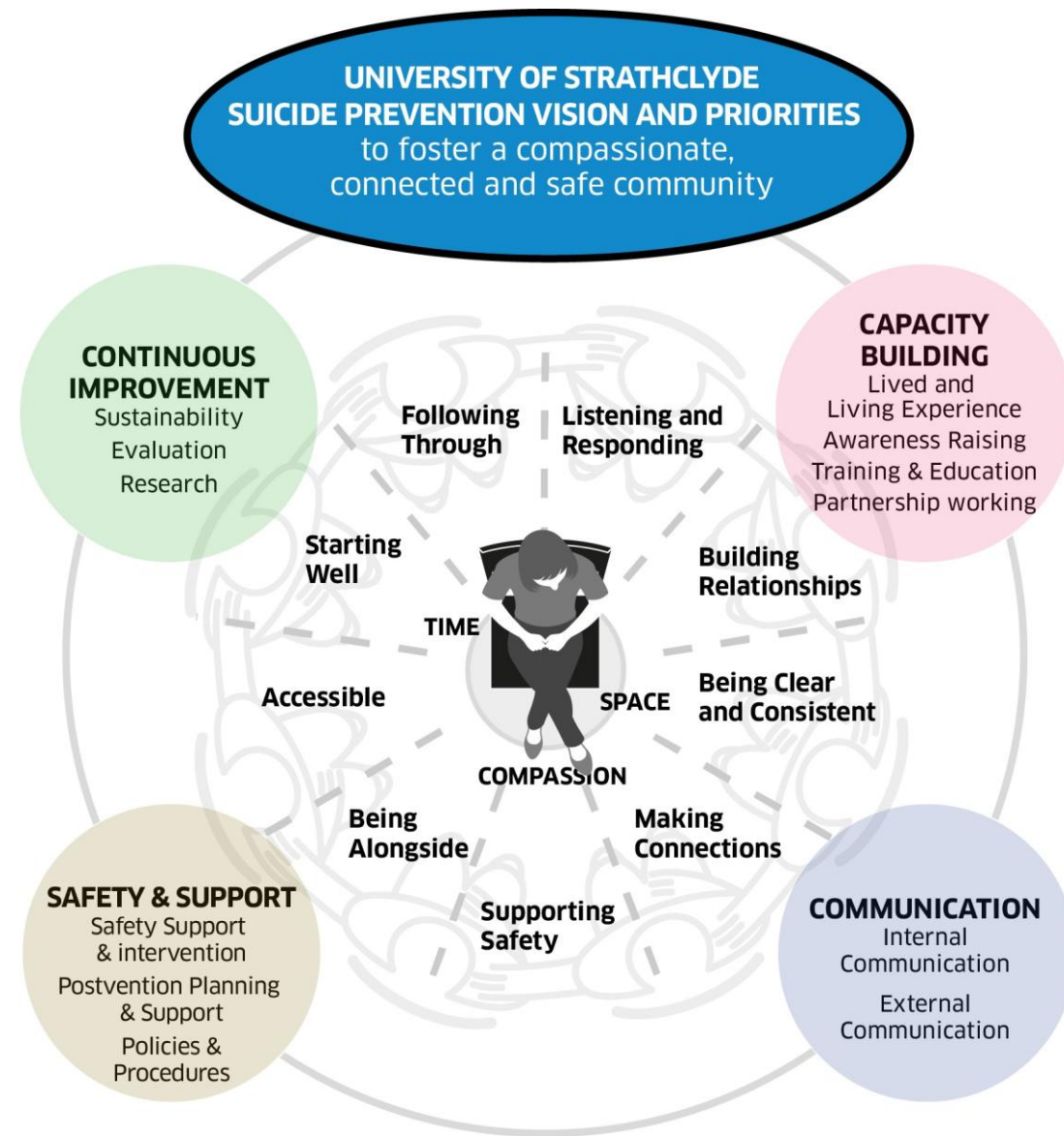
- In the [Thriving Learners survey \(2021\)](#), 74% of the Scotland-based university students surveyed reported having low well-being, and 19.6% reported that they either had suicidal ideation or had attempted suicide in the 6 months prior to the survey.
- University of Strathclyde has 20,000 students. In Glasgow alone there are 185,000 students and in Scotland approximately 500,000.
- **Student Suicide Rate:** The average rate is 6.9 deaths per 100,000 students, which is lower than the general population of similar ages (10.2 per 100,000).
- Rates of student suicide have risen by 52% since 2000/2001
- UK wide review of suicides in Universities 2023-2024. 107 reported suicides. Common themes relate to neurodivergence, being on placement/transitions and being an International student
- Very little research on suicidal thinking/behaviour in staff. However, with nearly 5000 staff we have focussed on both groups.
- Between 2011-2024 - 68.7% of those who died by suicide were in employment at the time of their death.



Student Mental Health Action Plan







Scott Thomson

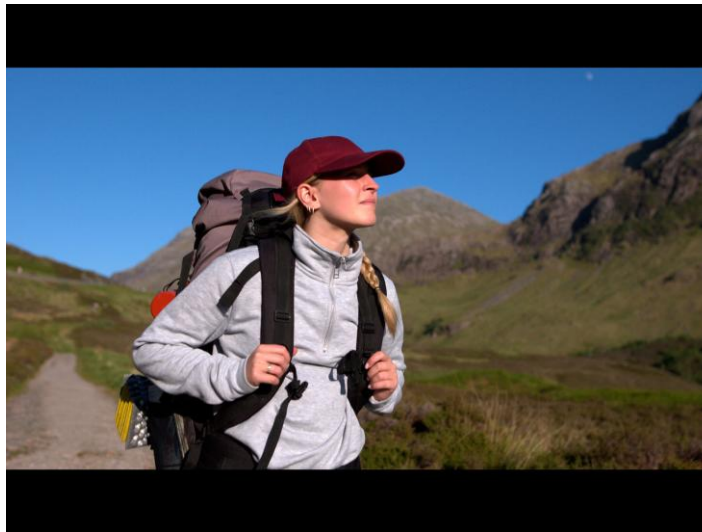
Lived & Living Experience



Creative approaches to suicide prevention

[Suicide Prevention Strategy DIGITAL May 2025 \(1\).pdf](#)

2.4. Encourage innovative ways to improve messaging around suicide prevention through accessible and creative approaches (film, art, writing, etc.) and to share personal stories of hope from people across different backgrounds with the aim of reducing stigma.



[The Low Road | Movie](#)



[UPSTREAM | Short Film | 2025](#)

Statutory Gambling Levy Grant - creation of a 5-minute feature film aimed at raising awareness of gambling harms among students and staff at the University of Strathclyde

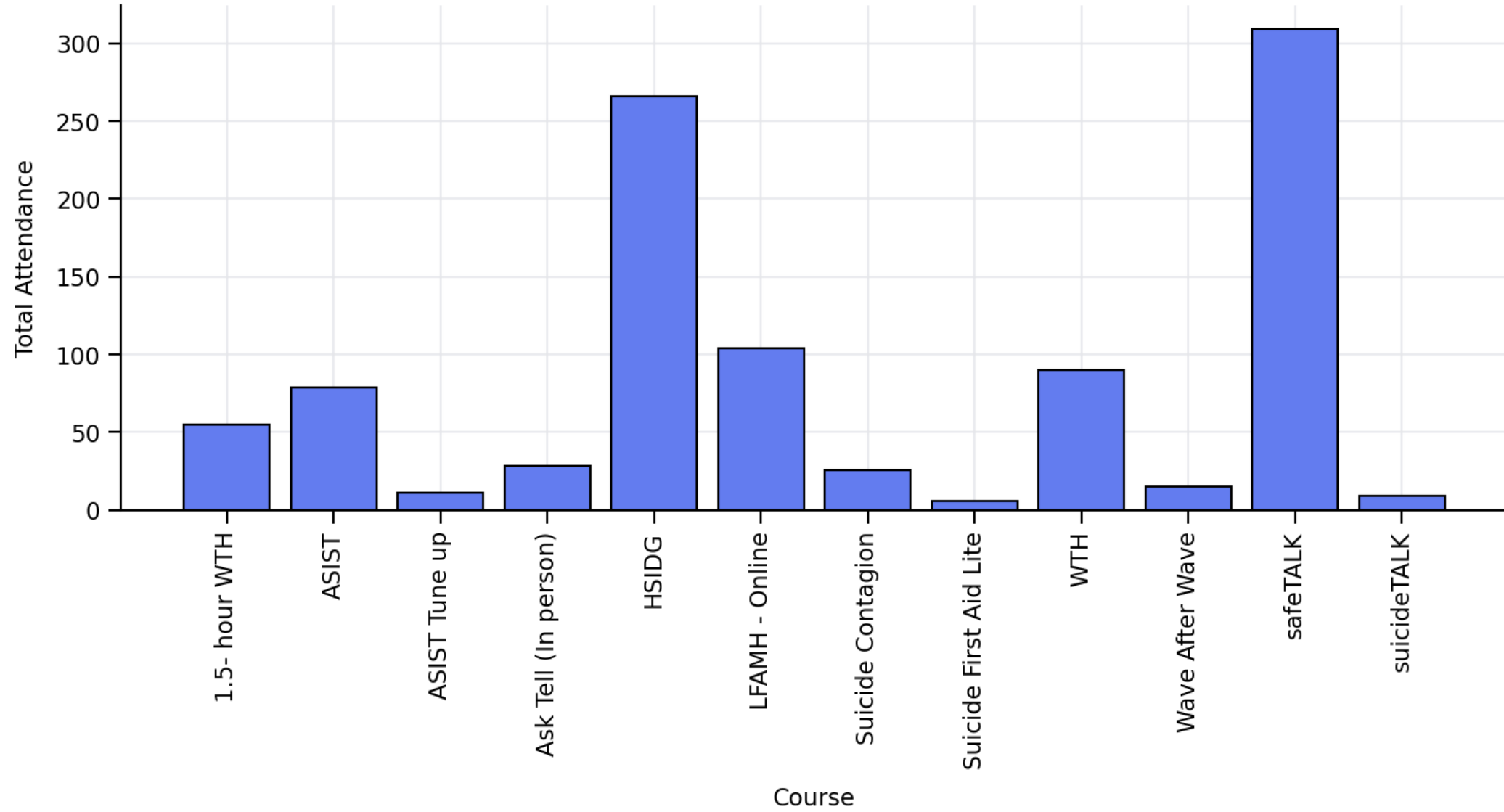
University of Strathclyde - Wellbeing, Mental Health & Suicide Prevention Training Framework (DRAFT)

	Suicide Prevention			
Enhanced level	Course	Main Target Group	Method	Duration
	Suicide Contagion Training (Developed by NHSGGC & Glasgow City HSCP)	Staff (on a selected basis)	In person or online	1.5 hours
	ASIST (Applied Suicide Intervention Skills Training)	All staff and students	In person	2 full days
	Understanding and preventing suicide – Module 3 – The IMV model of suicidal behaviour & Module 4 – What works to prevent suicidal behaviour Core psychological interventions for suicide prevention Turas Learn (nhs.scot)	Disability and Wellbeing staff who are trained in CAMS	Online	30 minutes per module
	CAMS (Collaborative Assessment and Management of Suicidality)	Disability and Wellbeing staff	Online	TBC
Informed level	safeTALK (Explore easy steps you can offer to support those having thoughts of suicide)	All staff and students	In person	3.5 hours
	Understanding and preventing suicide Module 2. Psychological risk and protective factors Core psychological interventions for suicide prevention Turas Learn (nhs.scot)	All staff and students	Online	30 minutes
	Wave after wave (Suicide Bereavement Training)	All staff and students	In person	3 hours
	Understanding and preventing suicide – Module 1. An overview of suicide Core psychological interventions for suicide prevention Turas Learn (nhs.scot)	All staff and students	Online	30 minutes
	Well-being, Mental Health and Suicide Awareness (includes the 'Ask Tell Respond' adult resource)	All staff and students	Online	40 minutes
	SuicideTALK (Suicide awareness session)	All staff and students	In person	1.5 hours

Internal training delivery 2023-2025

Course	Booked	Staff who attended	Students who attended	Total attended	% Attended
1.5- hour WTH	56.0	41.0	14.0	55.0	98.2%
ASIST	106.0	57.0	22.0	79.0	74.5%
ASIST Tune up	12.0	10.0	1.0	11.0	91.7%
Ask Tell (In person)	60.0	28.0	0.0	28.0	46.7%
HSIDG	376.0	265.0	1.0	266.0	70.7%
LFAMH - Online	132.0	104.0	0.0	104.0	78.8%
Suicide Contagion	26.0	26.0	0.0	26.0	100.0%
Suicide First Aid Lite	16.0	6.0	0.0	6.0	37.5%
WTH	131.0	74.0	16.0	90.0	68.7%
Wave After Wave	36.0	14.0	1.0	15.0	41.7%
safeTALK	582.0	140.0	169.0	309.0	53.1%
suicideTALK	18.0	0.0	9.0	9.0	50.0%
	1551			998	64.3%

Total Attendance by Course



Internally hosted Mental Health and Suicide Awareness training module which includes the 'Ask Tell Respond' (adult) learning resource.

Feedback and response rates gathered for October 2024 to March 2026

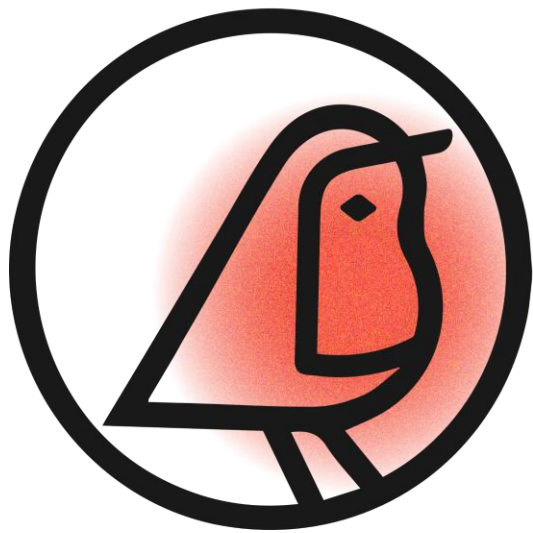
Staff enrolment: 744

Staff completion: 424

Student enrolment: 237

Student completion: 95

**Safe space
peer support**



**The
Canmore
Trust**



National Suicide Prevention Network for Universities and Colleges in Scotland



Dr Susan Rasmussen, Reader in Psychology, University of Strathclyde

Tony Kane, Mental Health Strategy, Training & Partnerships Manager, University of Strathclyde

Jenny Ferguson, National Delivery Lead for Children and Young People, Suicide Prevention Scotland



<u>Barriers</u>	<u>Enablers/Benefits</u>
Lack of resources	Power of creativity
Lack of Knowledge (Fear of doing the wrong thing)	Collaboration
Capacity	Build in don't bolt on
Temporary discomfort	Long term benefit

Deliver in collaboration with team members on 3.17 of the University's suicide prevention strategy [Suicide Prevention Strategy DIGITAL May 2025 \(1\).pdf](#)

3.17 'Ensure all staff and students in University or PBSA (Purpose-Built Student Accommodation) have information on available student support in a range of formats.

Measurement

- Materials on support available in multiple formats (e.g., digital, print, in-person briefings)
- Record number of in person or online initiatives with PBSA's
- Information accessible to students with disabilities or additional needs
- To what extent were PBSA providers engaged in the process? - Assess this through report writing
- Quarterly catch ups with team members in group setting to review progress
- Case study report compiled and shared as a template for group ADR approach

Strathclyde University – Suicide Prevention Call to Action

This call to action is simple way that as a student or staff member of the University you can help with our suicide prevention efforts.

1. Access and promote in your area the informed level suicide prevention and mental health training that includes the 'Ask Tell Respond' adult learning resource [Staff Wellbeing Training: Mental health and suicide awareness](#) [Student Wellbeing Training: Mental health and suicide awareness](#)
2. Promote the safe space peer support sessions <https://vimeo.com/1125142457/e9109fd40f?share=copy> that take place on the last Tuesday of each month. Details of this group and the wider suicide safer work can be found on the following link every month [Suicide Safer Strathclyde | University of Strathclyde](#)
3. Join our suicide safer working groups that can help with the operational delivery of our suicide prevention efforts. Some areas of work within these groups include; communication, lived experience, training, safety and support, research and peer support. To do this please e-mail suicide-safer@strath.ac.uk
4. Consider how using creative approaches to suicide prevention can be used either in your area or as part of the student curriculum. The University have a lifetime license to The Low Road Film and have access to a number of films and media that are designed to approach suicide prevention in a creative and engaging manner. Contact suicide-safer@strath.ac.uk

[Prevalence of mental health issues within the student-aged population - Education Policy Institute](#)

[MHF_Thriving_Learners_Report-1.pdf](#)

[National review of higher education student suicide deaths](#)

[Suicide prevention - Office for Students](#)