

JAN/FEB 2023

# SUICIDE PREVENTION NEWSLETTER

*Creating Hope Together*

Welcome to the Jan/Feb 2023 edition of the suicide prevention newsletter. This newsletter is a way of keeping the suicide prevention network up to date with progress on implementation of the new national suicide prevention strategy and also any other relevant information.

It is intended to be useful for you and your colleagues working in suicide prevention so please share the 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 on [phs.suicidepreventionteam@phs.scot](mailto: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 to the right, it will take you to the online version of the strategy and action plan.



# National Updates

Recruitment for the new National Delivery Lead who will lead the delivery collective and be accountable to Scottish Government & COSLA for delivery of the action plan is now live – link to job advert is here [National Delivery Lead for Suicide Prevention – | COSLA | myjobscotland](#)

Appointment to outcome lead roles – invitations have been shared widely for organisations to apply to lead on delivery of outcomes in the strategy and action plan. If you wish to apply, please follow the instructions in the email (which we have attached) and note the deadline for applications is 5pm on 10 March 2023. If you have any questions or would like to discuss this invitation further, please contact either Morag Williamson [morag.williamson@gov.scot](mailto:morag.williamson@gov.scot) or Haylis Smith [haylis@cosla.gov.uk](mailto:haylis@cosla.gov.uk).

The National Delivery Lead and outcomes leads will create a cohesive and visible leadership team for the delivery collective.

It is hoped that this structure will be in place early in the next financial year so that work can begin to build in the other elements of the delivery collective which includes the connection with local suicide prevention leads, third sector, lived experience and academic advisory group.

Work is also underway to create the new national advisory group which will be chaired by Rose Fitzpatrick but have a membership which represents the wider elements of the whole of government whole society approach detailed in the action plan.

Overall national outcomes framework agreed with short term outcomes, indicators and measures and monitoring/evaluation framework being finessed with a view to completion by end March so that there is straight start from April 2023.

# National Planning Framework 4

Directorate National Planning Framework 4 (NPF4) is the Scottish Government's national spatial strategy for Scotland. It sets out the spatial principles, regional priorities, national developments and national planning policy.

## ***'Development proposals will be designed to take into account suicide risk' – NPF4 (Policy 23)***

We are pleased to highlight that the NPF4, launched recently, has increased the awareness, and need for suicide prevention requirements to be considered in the development of places, spaces, and environments. The framework stipulates that Local Development Plans should create healthier places, of which awareness of locations of concern for suicide need to be a consideration.

derations.

This is a fantastic milestone in the development of shaping our physical environment towards suicide safer places and spaces, which will give greater credence and appreciation towards preventing the emergence of locations of concern.



National Planning  
Framework 4

You can access the full NPF4 Framework by clicking [here](#).

Where you have links with local planning departments, we would encourage you to highlight this aspect of the NPF4 Framework and ensure links are made to bring this aspect to the fore of development considerations.



 Scottish Government  
Riaghaltas na h-Alba

# Continuation of actions from Every Life Matters

**Awareness raising - Kirstie Cusick,**  
**[kirstie.cusick@unitedtopreventsuicide.org.uk](mailto:kirstie.cusick@unitedtopreventsuicide.org.uk)**

United to Prevent Suicide supported the Samaritans Brew Monday event at Glasgow Central Station (16.01.23) and See Me's Time To Talk Day at The Riverside Museum in Glasgow (02.02.23).



## Local area spotlight

## Approaches to local action planning

With the publication of Creating Hope Together, Scotland's suicide prevention strategy and action plan, many local areas have been considering their local suicide prevention activity. Below are examples of how local areas are developing their suicide prevention action plan:

## Aberdeenshire

Aberdeenshire have taken an outcomes focused approach, considering Outcome 2 and Outcome 3 of the national suicide prevention action plan and delivering a Benefits Mapping session for each outcome to consider how it applies locally.

Stakeholders from across the local area have been invited to attend. The Benefits Mapping sessions have been led by colleagues in the Health and Social Care Partnership's Continuous Improvement Team, and have focused on the Benefits, Enablers / Current Work, and the Change / Improvement Ideas. These sessions have been held online making use of jamboard to capture stakeholders ideas.

The links between the outcome and the existing and new activity were drawn together by a smaller group to help develop the local action plan.

Aberdeenshire's next steps will be to consider how to gain lived experience insight into determining the priorities to take forward in their local suicide prevention action plan. Aberdeenshire are also looking to connect with other partners in the wider North East region, which covers three local authorities, to identify any shared priorities, or activity that could be taken forward at a regional level.



# Local area spotlight (cont)

## Scottish Borders

In the Scottish Borders there has been a focus on gaining input from people with lived experience and from target groups as part of the local Mental Health Improvement and Suicide Prevention Action Plan.

The planning process started with a current literature review to identify 'at risk' groups and an Equality Impact Assessment was undertaken to further identify potential groups of the population who were more at risk of suicide or less likely to interact.

From there a local third sector partner undertook specific focus groups with mental health service users, LGBT people, People of Colour and people bereaved by suicide. There was also an online consultation on the priority areas that was open to anyone in the Scottish Borders to respond to.

Where there was limited feedback from specific target groups this has been noted within the action plan with an aim to extend reach into these groups as part of planned suicide prevention activities.

***Advice from the area: What we would advise is allow more time than you think, this isn't a one-off exercise but there needs to be thought given to continually involve and engage people with lived experience and to develop an engagement plan.***

### Useful resources:

- [Local area guidance: Participation insert](#)
- [Scottish Recovery Network - Guide to conversation cafes](#)
- [Creating Hope Together - Equality Impact Assessment](#)



# Local area spotlight (cont)

## Angus

Angus have used the [SUPRESE self-evaluation tool](#) as a starting point to their local action planning. The SUPRESE tool encourages a collaborative approach for evaluating current suicide prevention planning, oversight and activity. Angus asked all partners to consider the information that they had available to contribute to the SUPRESE tool and then hosted a meeting to gain feedback and extra discussion around each of the key activity areas in the tool before agreeing a rating for each element. Using this tool has provided a systematic way of evidencing current activity, and been a useful exercise to generate conversations and connections with multi-agency partners.

The image shows a sample of the SUPRESE self-evaluation tool form. It is titled 'v6.1, June 2021'. The first section is '1. Is there a strategic approach to suicide prevention in the local area?' with a list of options: '0. Local suicide prevention strategy not developed or not operational', '1. Local suicide prevention strategy partially implemented', '2. Local suicide prevention strategy fully implemented', '3. No consensus on rating', and '4. Insufficient information to make rating'. Below this is a large box labeled 'Evidence'. The second section is '2. Does the local area have a multi-agency suicide prevention group which plans, coordinates and oversees activity?' with a list of options: '0. Multi-agency group not established or not operational', '1. Multi-agency group partially operational', '2. Multi-agency group fully operational', '3. No consensus on rating', and '4. Insufficient evidence to make rating'. Below this is another large box labeled 'Evidence'.

***Advice from the area: SUPRESE has been a really useful tool to gather information and identify gaps before moving forward with our local area action planning. It has been time consuming to use and to tease out the information from different partners to get the full picture, however as a new suicide prevention coordinator it has provided me with a useful starting block to build upon.***

If you are looking for support with local action planning please get in touch with the Suicide Prevention Implementation Support Lead for your area (Jenny Smith, Rob Kelly or Susie Heywood). You can also find further information in the [local action planning guidance documents](#).

# Other useful links and information

## Samaritans' Small Talk Saves Lives

We're delighted to share that Samaritans' Small Talk Saves Lives (STSL) campaign launched on 21 February 2023.

The Small Talk Saves Lives campaign, in partnership with Network Rail, British Transport Police and the wider rail industry, aims to empower the public to trust their instincts and start a conversation if they think someone needs help at railway stations and other public settings.

A simple question or observation can be all it takes to interrupt someone's suicidal thoughts and start them on the journey to recovery. So, the campaign gives people the confidence to start a conversation, which could save a life.

An online toolkit has been developed for us, which you can access [here](#).

The toolkit contains:

- Details about the campaign
- Digital assets including a new campaign film
- Suggested social media posts
- Copy to use for in internal comms
- Suggested newsletter copy





# Other useful links and information

## Upcoming events 2023

### **Workshop-Children and Young People Public Health Impact Report Update**

**Thursday 2nd March 2023: 10:30 - 14:30**

**Host: Public Health Scotland**

Register [here](#).

Please note as this is a face to face event there is limited availability, please register on the link above to confirm attendance.

This meeting follows a roundtable discussion held in June 2021 on the impact of the COVID-19 pandemic on our children and young people, with over 100 attendees from the public sector, academia and the third sector. This meeting led to the publication in 2022 of our Ensuring their Future report.

The Children and Young People's Public Health Group (CYPPHG) is a special interest group of the Scottish Directors of Public Health, bringing together those at a national and local level with a specialist interest in child health. This group aims to bring advocacy and prioritised action for child and adolescent health across Scotland.

In addition to reviewing what has changed in terms of child health outcomes since our earlier discussion, we are keen to have a focused conversation on UNCRC incorporation and what it means for the health and wellbeing of Scotland's children.

# Other useful links and information

## Upcoming events 2023

### **Suicide Prevention Participation Network**

**Thursday 23 March, 10-12**

**Host: Children in Scotland / University of Stirling**

The participation network is aimed at practitioners working with young people with experience of suicidality; young people who have lost someone to suicide or young people who experience poor mental health. The third meeting of the network will provide a further opportunity to engage with the work of the Youth Advisory Group and to consider how the work you are already doing can support policy development within Scottish Government/COSLA. To find out more contact Chris Ross, Children in Scotland [cross@childreninscotland.org.uk](mailto:cross@childreninscotland.org.uk)

### **Time, Space, Compassion Event**

**Wednesday 29th March 2023: 9:30 - 15:30**

**Host: Scottish Government**

You can find out more about the event and book a place [here](#).

The focus of the session will be: How can we use the principles of Time Space Compassion to support better outcomes for people experiencing suicidal crisis?

Please note this is an in person event> The event is currently fully booked but you can register for the waiting list should a space become available.

# Other useful links and information

## Further information, training and reading

### **Towards the development of international guidelines to prevent suicide by hanging and self-poisoning: a Delphi study (Document attached to email)**

Feel free to share with other colleagues working in suicide prevention in Scotland. As you will see from the paper, the study has identified 32 action items (nine related to hanging, 23 relating to self-poisoning) on which there was a minimum level of expert consensus about inclusion in the proposed guidelines. In the absence of empirical evidence about the potential impact of these items on restricting access to the two suicide methods in a specific socio-cultural and socio-economic context (Scotland today), we propose that these items should be assessed for implementability in a further research study involving the same groups (researchers, practitioners and people with lived experience) as were recruited for the current study, but all based in Scotland.

### **Gambling harms: A public health challenge for Scotland Ben Walton (Scottish Parliament Information Centre), 2022**

The Scottish Parliament Information Centre (SPICe) have shared a blog on gambling harms in Scotland. It includes updated Scottish statistics around gambling from the [Scottish Health Survey 2021](#), which was published in late 2022. It also summarises emerging issues around treating gambling as a public health challenge – see the [SPICe briefing on gambling harms and public health](#) for more detail.

# Other useful links and information

## Further information, training and reading

### **Interlinked systematic umbrella reviews of the effectiveness of interventions to prevent suicide.**

An ongoing piece of work to bring together and review the international evidence on the effectiveness of interventions to prevent suicide has been taking place.

The work, which involves comprehensive literature searches, looks at the evidence for a variety of interventions and how that effectiveness varies by social demographic and socioeconomic characteristics.

The types of approaches looked at include access to means, public awareness raising, media reporting guidelines, settings based programmes, education and training and more.

The results will be published as a series of reviews beginning in the summer and will strengthen the evidence base for suicide prevention work and will be of interest to anyone planning or delivering suicide prevention work. For more information [click here](#).

### **Domestic abuse is important risk factor for suicide**

Inquest in England links domestic abuse and suicide for the first time. Read [here](#).

# Other useful links and information

## Further information, training and reading

### **Mental health and the cost-of-living crisis report: another pandemic in the making? (Mental Health Foundation)**

People living in poverty or experiencing financial stress are more likely to develop mental health problems.

Due to the cost-of-living crisis, poverty and financial stress will likely rise over the next few years. We are seeing increased reports across the UK that more people are going without basic living essentials, such as food and a warm home. Our UK-wide survey has also shown that many people across the UK are feeling anxious, stressed and hopeless due to their current financial situation. We expect that the effects of the cost-of-living crisis on public mental health will be on a scale similar to the COVID-19 pandemic. Our survey also found that concerns about finances are having a negative effect on people's ability to engage in some of the activities known to help protect mental health and prevent problems from developing:

- 30% of adults in the UK have poorer quality sleep
- 23% meet with friends less often
- 15% pursued a hobby less often
- 12% exercised less often

Click [here](#) for article.

# 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

Knowledge and Skills Framework for Mental Health  
Improvement and Suicide Prevention

Creating Hope Together -  
strategy (easy read)

Locations of Concern guidance

Creating Hope Together -  
action plan (easy read)

Cluster guidance

Public Memorial guidance

Time, Space, Compassion report

