

A New Suicide Prevention Strategy for Scotland



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EARLY ENGAGEMENT FACILITATION AND FEEDBACK PACK

The development of the next Suicide Prevention Strategy for Scotland is underway and we know how important it is to hear from as diverse a range of people, groups and communities as possible about what they think should be included.

We would love to be able to meet face-to-face with everyone who wishes to engage but we are not currently able to do that.

Therefore, we have produced this information pack to support you to have conversations about your thoughts and experiences and feed back to us about what you want to see in the next Strategy.

We would also encourage you to attend any of the planned open online events still to take place and/or complete the online questionnaire. Details can be found [here](#).

We would also ask you to share this information with any groups you are aware of who may have an interest in this area.

Additionally, we would welcome any evidence you might have or know of around current gaps in suicide prevention activity affecting your particular networks, groups and communities.

Responses from any events you or your networks hold can be submitted until 7 January 2022.

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Background

The Scottish Government and the Convention of Scottish Local Authorities (COSLA) are publishing [a new suicide prevention strategy for Scotland](#), in September 2022.

This strategy will replace the current [Suicide Prevention Action Plan \(SPAP\)](#) which was published in 2018 and is currently delivered through the [National Suicide Prevention Leadership Group \(NSPLG\)](#). The strategy will be long term and is likely to cover the next 10 years, although this timeframe has not yet been confirmed.

There will also be accompanying action plans which sit alongside the strategy and will describe clear actions to be taken in the short term which flow from themes outlined in the strategy document. The action plan document will be refreshed over the lifetime of the strategy.

Our vision is for Scotland to be a place where suicide is preventable and prevented, and where help and support is available to anyone feeling suicidal, and to those who have lost a loved one.

Because this strategy is for the whole of Scotland, we are eager to ensure that we take a collaborative approach to development of the strategy from the beginning. We want to hear from individuals, groups and communities across Scotland about what matters to them and what they think should be included in Scotland's new suicide prevention strategy throughout its' development over the next year.

The strategy and action plan should reflect the fact that different people have different needs. Equality legislation covers the protected characteristics of age, disability, gender, pregnancy and maternity, race, religion and belief, and sexual orientation. The strategy has the potential to affect everyone so we are eager to ensure consideration is also given beyond the list of protected characteristics, to include wider socio-economic considerations such as poverty, employment, and others.

For more information, you can visit the dedicated webpage for the strategy at:

[Suicide Prevention Strategy Development | COSLA](#)

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What you can do

In order to ensure that the next Suicide Prevention Strategy for Scotland is a strategy for everyone, we want to hear about what matters to you and the groups you represent.

The strategy is at the early stages of development and this toolkit will help you as individuals, groups and communities to share your thoughts and views on what the final strategy should look like.

This process is open to everyone. You may wish to engage with your colleagues, people with lived experience, support groups, or any other context where people can make their voices heard.

We know that discussing aspects of suicide and suicide prevention can be difficult. There are some tips for facilitation and links to available support within this document

Suicide prevention is everyone's business.

We know that different groups have different experiences of suicide and suicide prevention work. We also know that formal consultation processes may not meet the needs of everyone who wish to give us their thoughts which is why we want your help to gather the thoughts of the groups you represent.

We are here to support you to engage in the way that suits you best – the options described here may give you some ideas but is by no means exhaustive.

You could: fill out our questionnaire as a group, run a workshop, add an item about suicide prevention to an existing agenda or chat about it informally in a group setting.

See fig.1 for further information.

Fill in our [online questionnaire](#). It may seem long and broad, however you are able to fill in only those aspects which are most relevant to you.

We are running a number of [online engagement sessions](#). These are running until 17 November 2021 and are open to everyone.

You can always send us notes, thoughts, or feedback on contact@suicidepreventionengagement.scot

We can arrange a small meeting or one-to-one chat with you to answer questions you may have.

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Prompt questions for your session

You might want to consider the questions below in your conversations about the new Suicide Prevention Strategy for Scotland, and wider suicide prevention work, as well as some general questions that could apply to any area.

We know that people's thoughts and experiences may not fit neatly into one area, and that the best results often come from conversations that are allowed to flow naturally. You do not need to discuss all the areas outlined or feedback on them, and you should feel free to adapt them to the needs of your group (or not use them at all!).

For each of the topics in the boxes below, we are looking for answers to the following questions: **What is currently working well? What needs to change?**

Prevention

How can we prevent people reaching the point of having suicidal thoughts for example, promoting health and wellbeing, reducing trauma, engagement in community activities etc

Early intervention

How can we ensure that people get help at an early a point as possible when they begin to experience suicidal thoughts?

Crisis Intervention

What should be done to help people who reach a point of suicidal crisis?

Postvention

How can we support survivors of suicide attempts? What support should there be for those bereaved by suicide?

Tackling Stigma

We know open discussion can help save lives, so how can we help to tackle the taboos and silence around suicide?

Raising Awareness

What opportunities are there to raise awareness of suicide and suicide prevention work?

Building Capacity

How can we help people to develop the skills and knowledge to help prevent suicide, whether professional, voluntary or personal.

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Submitting your Feedback

This flowchart demonstrates the process of engaging with, and collecting information from your networks.

If you have any queries or wish to request support from the strategy team, please do this via email
contact@suicidepreventionengagement.scot

When you are ready to submit your feedback, there are two ways to do this, please pick the way which works best for you:

1. Use the online questionnaire
[Suicide Prevention Strategy Development Questionnaire - Scottish Government - Citizen Space \(consult.gov.scot\)](#)
2. Type your feedback onto a word document and send to this email address:
contact@suicidepreventionengagement.scot

When sending your feedback - please remember to include any evidence you might have around current gaps in suicide prevention activity affecting your particular networks, groups and communities.

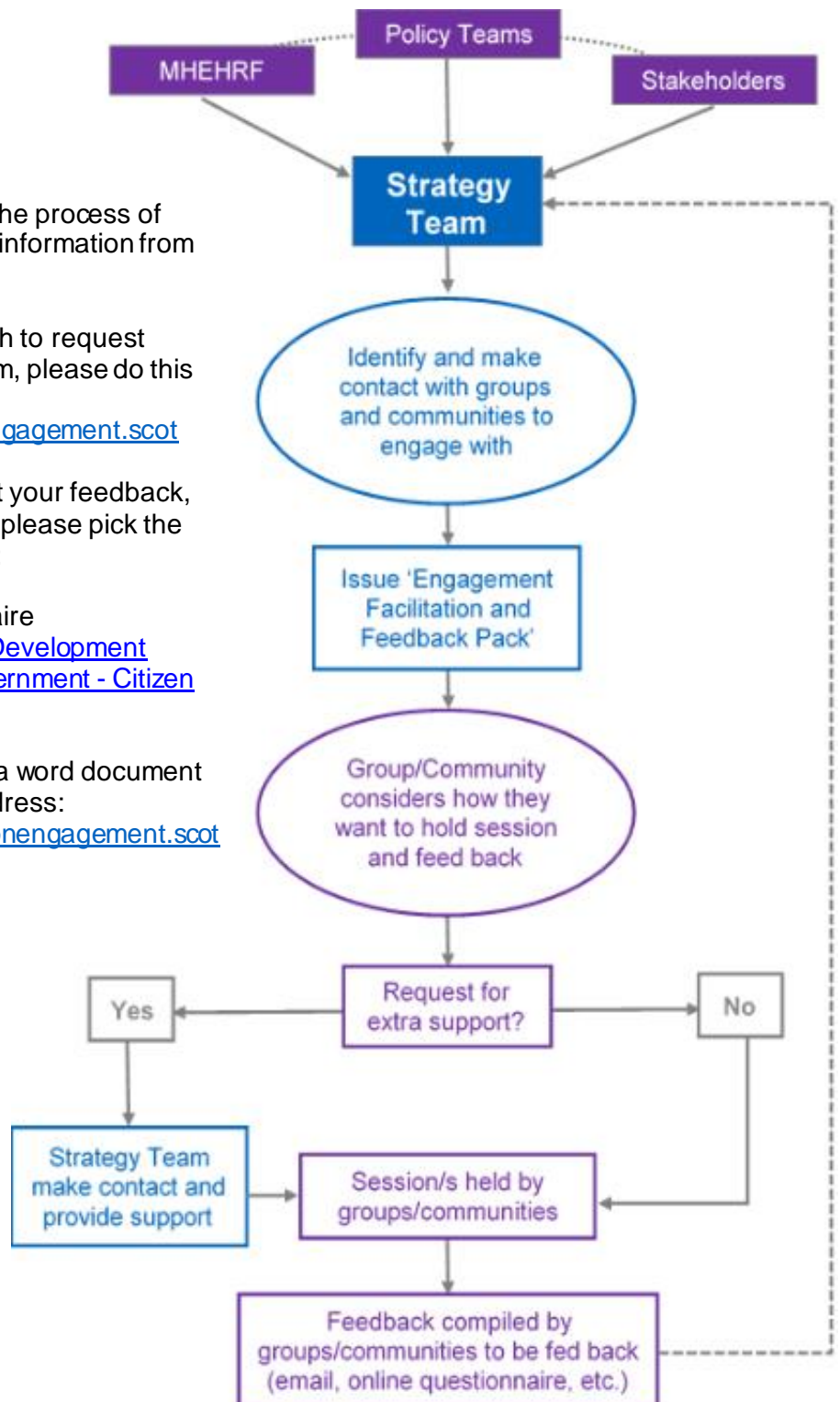


Fig.1

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Available support

We know that discussing aspects of suicide and suicide prevention can be difficult and can impact emotionally on those involved in any events you may hold. It is important to know where people can get support if they need it both during and after any discussions you may have. Please see below for a list of organisations who can provide support; you may wish to include links to some or all of these resources in your engagement sessions.

- **Breathing Space** - Breathing Space is Scotland's mental health helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 18. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.
- **Samaritans** – Samaritans provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free on short code **116 123** or via email on **jo@samaritans.org**
- **NHS24 Mental Health Hub** - Telephone advice and support on healthcare can be obtained from NHS24 on the short code **111**; the Mental Health Hub is open 24/7.

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Who we are

The Scottish Government is the devolved government for Scotland. Its head office is located at St Andrews House, Regent Road, Edinburgh, EH1 3DG and you can contact our Data Protection team by post at this address, or by e-mail at dpa@gov.scot.

Why we need the information you provide

The views of stakeholders and partner organisations will be collected and will then be returned to us. The responses will then be used to inform the development of the new Suicide Prevention Strategy for Scotland. No personal data should be collected.

Data given by yourselves is on a voluntary basis, helping with:

- the development of a new Suicide Prevention Strategy for Scotland

What we will do with your data

Personal data consists of data that relates to an identified or identifiable living individual. No personal data will be collected or stored, and any personal data included in the responses provided will be removed.

The feedback and non-personal data will be stored on an internal secure platform. It may also be circulated to partner organisations as part of the development of the new Suicide Prevention Strategy for Scotland, including the Convention of Scottish Local Authorities (CoSLA) and Public Health Scotland (PHS). The data will also be made available to relevant Scottish Government officials when required and only for the reasons described above.

The data will be stored for 5 years and subsequently destroyed.

If you do have any queries about your personal data or complaints on how it is handled, please do not hesitate to contact the information assurance and data protection team at dpa@gov.scot.