

Surviving Suicidal thoughts – messages to partners

We are writing to tell you about a new resource to support people who are living with suicidal thoughts, their families, friends, and communities.

NHS 24 has worked with our partners at the National Suicide Prevention Leadership Group, SAMH, Police Scotland and people with lived experience around suicide. The project supports people having suicidal thoughts by sharing video stories from people who have experienced the same and gone on to find ways of coping and living better.

The NHS inform microsite features stories from people who experienced very different situations and circumstances - but who found a way past suicidal thoughts. Their words and voices offer support and strategies for people who are experiencing thoughts of suicide, and to those around them, family, friends, work mates and others.

The microsite is published on NHS inform <https://nhsinform.scot/surviving-suicidal-thoughts/>

We hope this resource will be helpful for our partner organisations who support people who are living with suicidal thoughts, their families and friends.

Please get in touch if you have any questions or comments by contacting us on: nhs24.engagementteam@nhs24.scot.nhs.uk

Short feature/newsletter content

Scotland's digital national health service is home to a new project to support people having suicidal thoughts. A new section of NHS Inform is dedicated to sharing video stories from people who have experienced the same and gone on to find ways of coping and living well.

The stories are available to watch on NHSinform at nhsinform.scot/surviving-suicidal-thoughts/

A number of people who experienced very different situations and circumstances talk about their experiences and how each of them found a way past their thoughts and intentions. Their words and voices offer support and strategies for people who are experiencing thoughts of suicide, and to those around them, family, friends, workmates and others. The people who share their experiences come from communities right across Scotland.

Short video clips are supported by key info on how to contact support lines such as Breathing Space, the Samaritans, and 111, how to listen and talk about these feelings, and what to look for in warning signs.

NHS 24 have launched this innovative project with partners at the National Suicide Prevention Leadership Group (NSLPG) and Police Scotland. Our particular thanks go to members of the Lived Experience Panel at NSPLG for their support.

FAQs

What is this website about?

Supporting people who are thinking about suicide. Sharing video stories from others with the same experience who have gone on to find ways of coping and living better.

Who is it for?

People experiencing thoughts of suicide or planning to end their life. Anyone who knows or worries that someone is thinking about suicide or planning to complete suicide.

Who has shared their journey?

People from across Scotland who experienced very different situations and circumstances. People who found a way to live past their suicidal thoughts or intentions.

What is the content like?

There are short clips of people sharing their stories to offer hope and support. The content is for anyone experiencing thoughts of suicide. It is for those around them, family, friends, work mates and others too. The full stories are also on our YouTube channel.

What advice and support are included?

Short video clips with information on how to listen and talk about suicidal feelings. Ways to cope when it feels as though you can't, and what to look for in warning signs. How to reach urgent help such as 999, the Samaritans or 111.

Where can I see the stories?

On NHS inform at <https://nhsinform.scot/surviving-suicidal-thoughts/>

Who has created this site?

NHS 24 has worked with our partners at the National Suicide Prevention Leadership Group, SAMH, Police Scotland and people with lived experience around suicide.

How will people know to look here?

Digital marketing campaigns will run later in the summer to offer people a chance to watch the videos if their online behaviour shows they may be at risk. We are working with professional groups, third sector organisations, community groups and lived experience groups to raise awareness of this resource.

Where else can I go for help?

Telephone help is available every hour of the day, every day of the year.

- If you or someone else is in danger call 999
- For support with mental distress contact your GP in working hours or call 111 at any time
- The Samaritans are there to listen on 116 123 day and night, 365 days of the year
- Breathing Space 0800 83 85 87
 - Opening hours: Monday-Thursday 6pm to 2am
 - Friday 6pm-Monday 6am