

North East Suicide Prevention

**“Suicide prevention is everyone’s
business”**



Why is suicide everyone's business?

- **1 in 20** people are thinking of suicide at any one time in Scotland = 265,000 or roughly the population of Aberdeen City or the whole of Aberdeenshire.
- **762** recorded deaths by suicide in Scotland in 2022 = approximately 2 per day or 63.5 per month
- **28** recorded deaths by suicide in Aberdeen City (6 female, 22 Male) = approximately 2.33 per month
- **37** recorded deaths by suicide in Aberdeenshire (16 female, 21 male) = approximately 3 per month
- **18** Recorded deaths by suicide in Moray (7 female, 11 male) = approximately 1.5 per month
- 1 death is one too many
- This figure could actually be more depending on circumstances – e.g. single vehicle RTC, substance misuse overdose, or a fall from height may have been a death by suicide
- Suicidal thoughts should never be dismissed but having thoughts does not mean that death via suicide is inevitable
- Approximately **135** people affected following a death by suicide

Scottish Health Survey (Dec 2023)**

Scotland's health: Mental wellbeing at record low

Living with your thoughts

Thinking about suicide is not necessarily about wanting to die; it can be about not wanting to live, which is not the same thing. It can be a feeling that you can't keep going, it's too painful, too difficult or you can't see a solution to the pain or the problems.

People can live with suicidal thoughts for years. Sometimes they are constant, always there at the back of the mind, and other times they can come and go. Sometimes they get too much and there may be times you feel you need to act on those thoughts. If you feel like this then you don't have to act on your thoughts, you can choose to keep yourself safe, and you can seek help from another person.



What is suicide prevention?

Suicide Prevention isn't just for immediate crisis.

Any work you do to:-

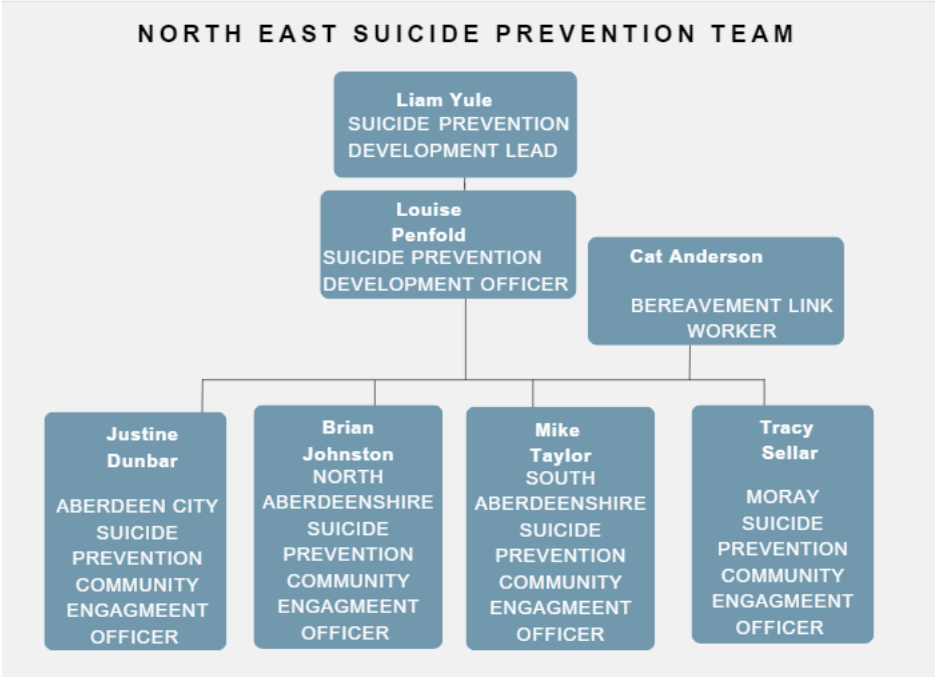
- bring communities together
- tackle inequalities
- give people a sense of belonging
- Make sure no one feels alone, lonely, isolated or marginalised

These are all suicide prevention activities.

“Never underestimate the power of human connection”



Our Team



Our work

- **Tackling Stigma**
- Taboos prevent us from speaking freely about the problem and discussing what we can do. Stigma leads to misunderstanding and intolerance which are barriers to change
- Creating a safe environment for people to talk about their thoughts reduces risk
- **Building Community capacity** - promoting self help tools:-
 - [Prevent Suicide North East App](#)
- Access to resources and training –
 - [SAMH Suicide Prevention materials](#)
- Attending and organising events



Priority areas

Building community capacity

Ensuring community engagement in all aspects of suicide prevention.

Lived Experience

Ensuring the voices, ideas and opinions of those with lived experience are proactively sought and incorporated in all aspects of suicide prevention.

Data analysis and risk reduction

Developing a regional, multi-agency understanding and sharing of the variety of data available to inform suicide prevention.

Children and Young People

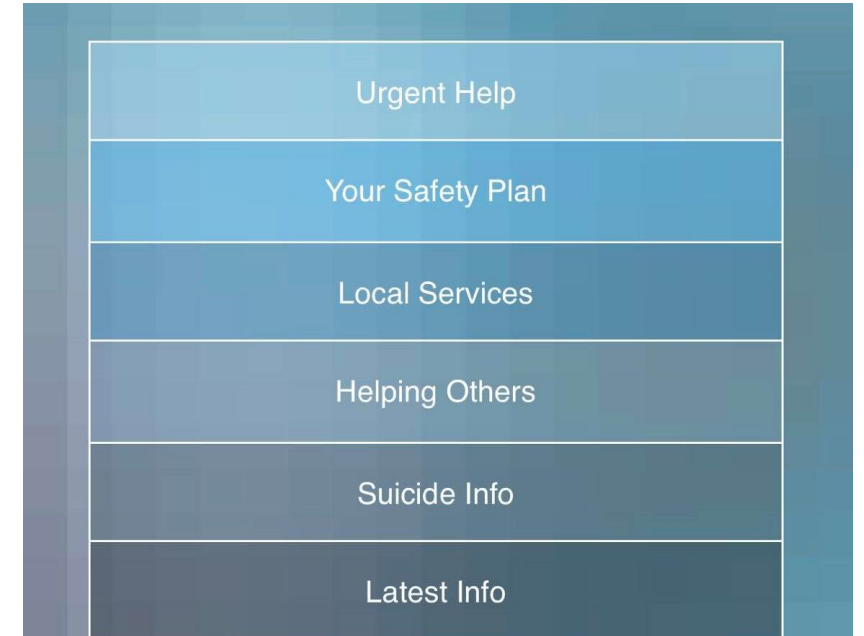
Ensuring children, families and professionals know where to go for support for children and young people. Increasing the confidence within people and communities throughout the North East to have a conversation about suicide with children and young people.

Bereavement

Increasing understanding of the impact of suicide bereavement at a local level. Working together to establish good practice in postvention for individuals and communities in the North East.

Prevent Suicide North East Scotland app

- 130 000+ downloads
- Free download
- Services grouped by topic
- Information on how to help someone
- Local and national resources, and safe plan
- For those without smart phone pages can be printed from website
- <https://www.preventsuicideapp.com/>

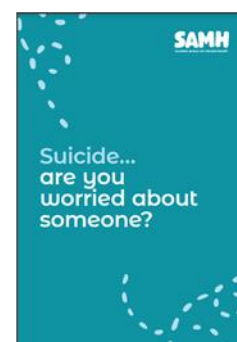


How to ask about suicide?

What is the only way you will know if someone is feeling suicidal?

"If you are a clinician, a loved one or a family member and you're concerned about someone, always ask them how they're feeling"

(Rory O' Connor 2018)



Introduction to Suicide Prevention Training

What does it cover?



Who is it for?

- Anyone
- Specific Introduction to Youth Suicide Prevention training for those supporting children and young people
- 2 hours online or face to face
- Free of charge

Where you can go for support

Supports available

Breathing Space:
0800 83 85 87
(6pm-2am)
Samaritans:
116 123 or email
jo@samaritans.org

GP Practice Team

Employer – EAP, HR, Line
Management

SAMH Website
www.samh.org.uk

NHS 24 – 111 (mental
health hub now
available)

Peer support groups

Prevent Suicide app- NE
Scotland



United to Prevent Suicide

What can you do now?

WE NEED YOU!



- [Download the app](https://www.preventsuicideapp.com/) - <https://www.preventsuicideapp.com/>
- Contact us for leaflets, app cards or to arrange Introduction to Suicide Prevention for your team
- Planning an event in your community you want us to be part of? – let us know
- Trust your intuition and ask about suicide – take time to listen with kindness and compassion
- Spread the word - follow us on [Facebook](#) (Suicide Prevention North East Scotland) or [Instagram](#) (@preventsuicidene)

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www.samh.org.uk