

# North East Suicide Prevention Team

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# Key statistics – why is suicide prevention everyone's business

**792 (762)** deaths  
by suicide in  
Scotland in 2023,  
82 (83) in  
Grampian

$\frac{3}{4}$  of deaths are  
male

**29 (28)**  
Aberdeen City  
(5 female, 24  
Male)

**Aberdeenshire**  
**32 (37)** (7  
female, 25 male)

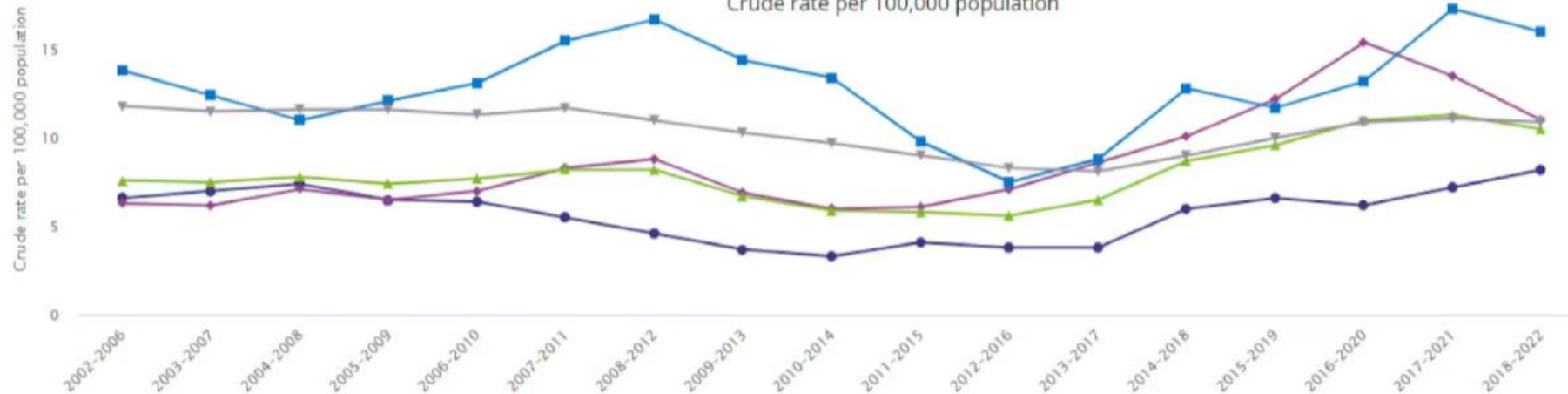
**21 (18)** Recorded  
deaths by  
suicide in Moray (4  
female, 17 male)

**135** people  
affected by every  
death

Approximately  
265,000 people in  
Scotland are  
thinking about  
suicide at any one  
time

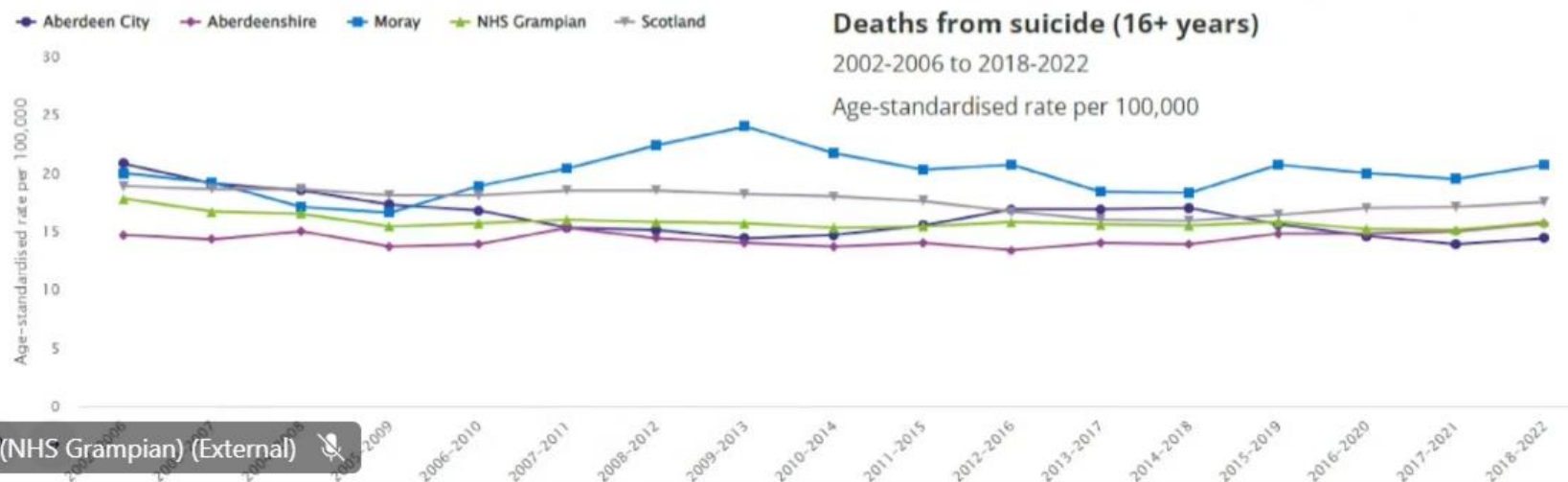
**For more information on national and local statistics, please refer to the annual Scottish Suicide Information Database report (ScotSID) available via Public Health Scotland**

**Deaths from suicide in young people, aged 11-25 years**  
 2002-2006 to 2018-2022  
 Crude rate per 100,000 population



**Deaths from suicide (16+ years)**

2002-2006 to 2018-2022  
 Age-standardised rate per 100,000



Matthews (NHS Grampian) (External)





## Deprivation and Suicide

Suicide Rates per 100,000 population per annum by Local 2020 SIMD Quintile, 2014-2023



Suicide Rates per 100,000 population per annum by Local Authority & Local 2020 SIMD Quintile, 2014-2023



thews (NHS Grampian) (External)

# 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”*

*Prof. Rory O'Connor*



# NESP Year in Review 2023

Suicide Prevention training delivered to over **2600** in the NE,  
Over **50** different engagement events, talks, stalls attended





# Free Introduction to Suicide Prevention Training

Delivered by SAMH

Open to anyone living or working in the NE

Everyone can do something about suicide prevention

Learn more about:-

- The statistics and prevalence of suicide in Scotland
- Stigma - why does this still exist?
- Spotting warning signs
- Asking the question around suicide and the power of listening
- Signposting for support, boundaries and looking after ourselves

Scan the QR code or visit:-

[www.eventbrite.com/cc/isp-training-mixed-ne-1315819](https://www.eventbrite.com/cc/isp-training-mixed-ne-1315819)

[northeastsuicideprevention@samh.org.uk](mailto:northeastsuicideprevention@samh.org.uk)





# Impact of Suicide Prevention Training

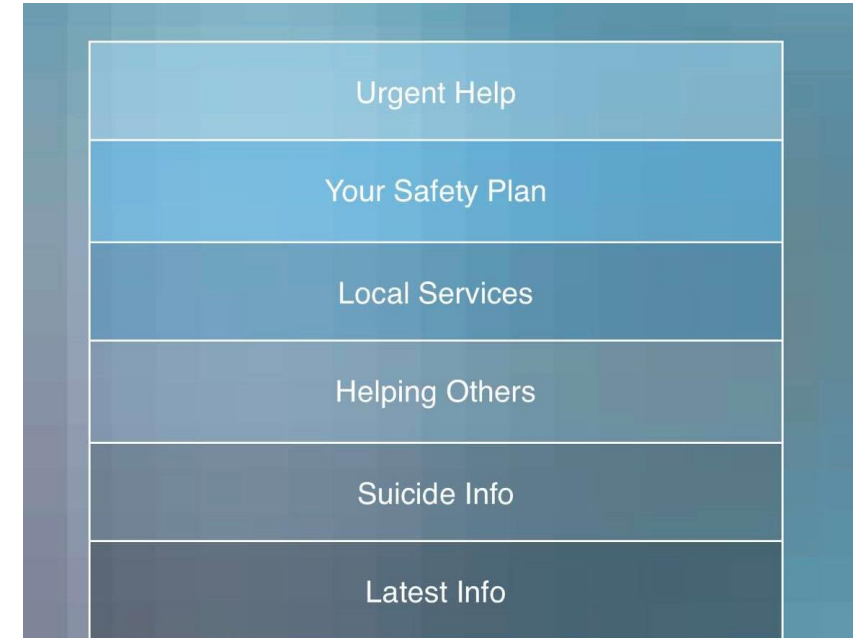
- 80% increased confidence to ask about suicide
- 90% agreed it was useful in their personal lives,
- 96% likewise in their professional practice

*“Thank you for a thought provoking session. I am telling anyone who will listen about it.”*

*“Powerful piece of training that resonated at so many different levels and with so many different people on the call. Thank you”*

# Prevent Suicide North East Scotland app

- Free download
- App 18 773 downloads, 141K new website users
- Services grouped by topic
- Information on how to help someone
- New bereavement section
- Local and national resources, and safety plan
- For those without smart phone pages can be printed from website
- <https://www.preventsuicideapp.com/>



**The 'Prevent Suicide' App:**  
Download now on Apple, Android,  
Windows Phone & Kindle Fire devices

# How to ask about suicide?

If you're concerned about someone, the most important thing you can do to help is ask them directly:

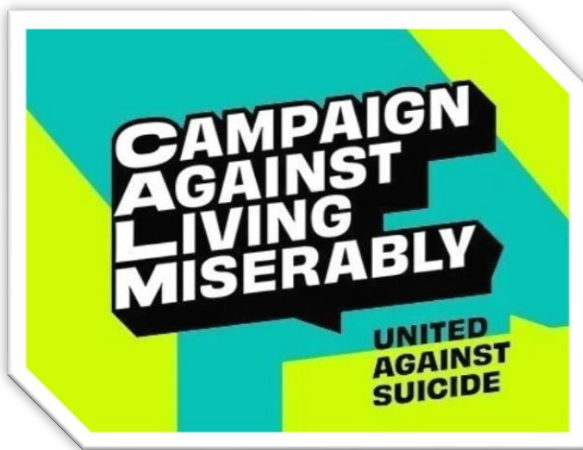
**“Are you thinking about suicide?”**

**SAMH**  
Scottish Action for Mental Health

If the answer is **yes**

- 1** Listen to what they say and how they're feeling. Remain calm.
- 2** Treat what they say seriously and sensitively.
- 3** Discuss how they can keep safe, and where to find help together.







# 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
- Arrange training 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)

# Grampian Wellbeing Festival 2025

- Deadline for submissions for the programme is Friday 14/2
- [https://forms.office.com/Pages/ResponsePage.aspx?id=wmbeoLMCsEm\\_AwhorYdyc1VgHyqfiC1GvQAtQealnA5UOFc2VEY3REk4Uk9XSUhBSjlUUjMwU1dHQy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=wmbeoLMCsEm_AwhorYdyc1VgHyqfiC1GvQAtQealnA5UOFc2VEY3REk4Uk9XSUhBSjlUUjMwU1dHQy4u)





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**[www.samh.org.uk](http://www.samh.org.uk)**