

Updated  
Sept  
2020

# Mental Health & Suicide Prevention Learning Opportunities

WEST LOTHIAN MENTAL WELLBEING  
AND SUICIDE PREVENTION GROUP



## Mental Wellbeing Support

**NHS 24: 111**

**Breathing space: 0800 83 8 587**

**Samaritans: 116 123**

**Childline: 0800 11 11**

**Older peoples helpline:  
0800 4 70 80 90**

**CALM: 0800 58 58 58**

**Alcohol helpline: 0800 7  
314 314**

**Drug use helpline: 0333  
230 9468**

**Survivors of those  
bereaved by suicide: 0300  
111 5065**

**Bereavement helpline:  
0845 600 2227**

**Domestic Abuse helpline:  
0800 027 1234**

### Websites

[www.samaritans.org.uk](http://www.samaritans.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.mentalhealth.org](http://www.mentalhealth.org)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[NHS inform – Suicide](#)

## **Mental Health & Wellbeing and Covid-19**

Public mental health includes the promotion of good mental health and wellbeing across the whole population, and the prevention of mental ill health, self-harm or suicide.

The coronavirus outbreak has led to an increase in mental health symptoms for many people due to the impacts of changes in daily routines, financial difficulties and uncertainty, social isolation, anxiety and worries about families and friends.

Evidence shows that those particularly affected include frontline health and social care workers, young adults, people with existing physical or mental health conditions, people with learning disabilities or from black or minority ethnic backgrounds as well as those already living with financial uncertainty.

However, anyone can be affected and experience symptoms such as low mood, insomnia, anxiety, irritability, poor concentration and stress. There are many other issues that can lead to poor mental health at this, and at any time.

If you or someone you know is experiencing mental distress, or having suicidal thoughts please contact your GP in the first instance. Other sources of support are listed on the left hand column.

## Elearning Courses

The courses in this publication are designed to enable participants to develop relevant skills and knowledge to support others, not as therapeutic sessions to work through individual concerns.

If you undertake training and feel the content is overwhelming or causing distress, please take some time out and use the supports available listed on the left of this leaflet. It is a good idea to have someone supportive nearby who you can talk to.

The NHS Scotland resource and learning site 'Mental health & Wellbeing: key messages for staff' provides information and links to support the health and wellbeing of frontline workers and their staff members. Access it at:

<http://learn.nes.nhs.scot/29698/psychosocial-mental-health-and-wellbeing-support>

If you are working in health and social care in Scotland and looking to better support your own mental health and wellbeing, please be sure to have a look at the resources on the National wellbeing hub, PROMIS.scot



**National Wellbeing Hub**  
For those working in Health and Social Care

## Mental Health Improvement, Self-Harm and Suicide Prevention Awareness raising Animations.

Learning outcomes:

This module contains a series of 3 educational animations aimed at informing participants about mental health and the prevention of suicide. The animations cover the areas of:

- Mental health and how to maintain this
- The factors that can lead to mental distress or mental ill-health
- Having compassionate conversations to support people who are experiencing mental distress or may be feeling suicidal and help them seek help

<b>Who is it for?</b>	<b>Everyone</b>
<b>Time you will need to complete?</b>	<b>30mins</b>
<b>Provider?</b>	<b>NHS Public Health Scotland and NHS Education for Scotland</b>

You can access the full training and e-learning resources through a free TURAS LEARN account. Register at the link below:

<https://learn.nes.nhs.scot/30500/coronavirus-covid-19/practice-in-the-community-setting/mental-health-dementia-and-learning-disabilities>

### QUICK LINKS:

- **Ask, Tell, Every life matters**  
<https://vimeo.com/338176393>
- **Ask, Tell, Have healthy conversation**  
<https://vimeo.com/338176444>
- **Ask, Tell, Look after your mental health**  
<https://vimeo.com/338176495>

## COVID-19 Psychological First Aid

Learning outcomes:

Psychological First Aid (PFA) is a humane, supportive and flexible response to people who are in distress or suffering during and after crises or emergencies like the current COVID-19 pandemic.

By completing the module you will:

- Understand what Psychological First Aid (PFA) is and is not
- Understand the ways that pandemics like COVID-19 can affect us
- Understand the 7 key components of PFA
- Feel able to deliver PFA support to others
- Adapt PFA to the needs of particularly vulnerable groups of people
- Identify ways to take care of yourself while providing PFA

<b>Who is it for?</b>	<b>Anyone providing care and support</b>
<b>Time you will need to complete?</b>	<b>60mins</b>
<b>Provider?</b>	<b>NHS Education for Scotland</b>

You can access the full training and e-learning resources through a free TURAS LEARN account. Register at the link below:

<https://learn.nes.nhs.scot/28724/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff/covid-19-psychological-first-aid-4>

## Suicide Prevention Training – Zero Suicide Alliance

**Please note:**

**Some people may find this training challenging, especially those who have been personally affected by suicide or suicidal thoughts. If you are unsure, it may be best not to complete this e-learning at this time. If you are affected by any of the issues raised, please connect with one of the helplines on mentioned on page 2.**

Learning outcomes:

Zero Suicide Alliance (ZSA) have two different awareness training courses, which provide a better understanding of the signs to look out for and the skills required to approach someone who is struggling.

1. Gateway Module – a brief introduction to suicide awareness. Participants will gain tips on how to approach someone if they are worried they may be considering taking their life.
2. ZSA Suicide Awareness Training – more in depth (approx 30 minute) training session. Completing this module will provide you with skills and confidence to help someone who may be considering suicide. It focuses on breaking stigma and encouraging open conversations.

<b>Who is it for?</b>	<b>Everyone</b>
<b>Time you will need to complete?</b>	<b>Module 1 : 10mins Module 2: 30mins</b>
<b>Provider?</b>	<b>Zero Suicide Alliance</b>

You can access the full training and e-learning resources through a free TURAS LEARN account. Register at the link below:

<https://learn.nes.nhs.scot/30500/coronavirus-covid-19/practice-in-the-community-setting/mental-health-dementia-and-learning-disabilities>

## COVID-19 Mental Health Training Course

Learning outcomes:

Completing this elearning will help you to:

- Understand common reactions to abnormal situations such as the COVID-19 pandemic
- Learn how to build and maintain resilience during these challenging times
- Improve the mental health and wellbeing of yourself and others.

<b>Who is it for?</b>	<b>Everyone</b>  <b>This course is primarily aimed at those who may be finding isolation challenging during the lockdown, are experiencing loneliness, anxiety or stress, or are simply struggling with furlough or working from home.</b>
<b>Time you will need to complete?</b>	<b>30mins</b>
<b>Provider?</b>	<b>British Red Cross</b>

Register for a free account on the online learning platform:

[www.redcrossfirstaidtraining.co.uk/mental-health-and-coronavirus-online-training-course](http://www.redcrossfirstaidtraining.co.uk/mental-health-and-coronavirus-online-training-course)



Please continue to keep an eye on the continued support for the Scottish Government's 'United to Prevent Suicide' campaign launching on the 10<sup>th</sup> of Sept 2020.

The West Lothian Mental Wellbeing and Suicide Prevention Group will continue to progress the work set by the [National Suicide Prevention Leadership Group](#) to prevent suicide here in West Lothian. Please keep up to date with their developments and share the messages online to show your support for the campaign.