



Highland Mental Health Delivery Group Autumn 2021

Welcome to the second edition of our newsletter

IN THIS ISSUE

1. Mental Health Delivery Group (MHDG) - meet the Chair
2. MHDG - priority indicators
3. Suicide Data - the scale of the problem
4. Suicide Intervention and Prevention Programme
5. The Highland Council - Suicide Awareness- Toolbox Talks
6. Prevention and Early Intervention - supporting our children and young people
7. MHDG explained
8. Final message from MHDG partners

Taking Care of You



You'll have noted from our content list, this month we have a focus on suicide.

Suicide can and does affect many peoples lives across our Highland communities today.

Beyond those attempting or completing suicide, many more are affected by each death by suicide or attempted suicide. This applies to family members, friends, colleagues, and professional staff.

Recent American research measured 135 people are affected by each death by suicide

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/sltb.12450>

If you are or may be affected by the language and conversation around suicide please take care of yourself. If you, or someone you know needs support in relation to suicide, you will find a wealth of information via the Prevent Suicide Highland App which can be downloaded for free using the following QR codes or by visiting the [Highland Community Planning Partnership website](#)

Prevent Suicide Highland

Available for both Android and iPhone



If you need urgent help with suicidal thoughts call:
Samaritans on 116 123 or
Breathing Space on 0800 83 85 87

Help In a Crisis

If you or someone else is experiencing mental distress and you are worried about your own or someone else's immediate safety:

- Call 999 or go straight to A+E immediately.
- If you are calling for someone else, try to establish the person's, name, contact details and location

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental wellbeing:

- Advise them to call NHS 24 on 111 or
- Speak to their GP. The route into formal mental health services is through a GP surgery.
- If someone discloses to you that they are already being supported for their own mental health, it's useful to link them to that place/service


Important Support Line Numbers

- [NHS 24](#) on 111

- [Samaritans](#) on 116 123
- [Breathing Space](#) on 0800 83 85 87 (6pm Friday – 6am Monday & 6pm – 2am on weekdays)
- [Shout](#) by texting 85258

You can find this and more information by downloading the [HCPP Signposting to Mental Health and Wellbeing Resource](#)

Signposting to mental health and wellbeing resources



The impact of the measures to reduce the spread of the COVID-19 has placed increased pressure and uncertainty on everyone so it's important to know where to find help and support for our mental health and wellbeing when it is needed. There are services where you can find confidential and trusted support, those include:

Help in a crisis

The following advice is intended for crisis situations which happen only rarely. A mental health crisis is when someone feels their mental health is at breaking point and they need urgent help and support.

If you are concerned that you are, or if you feel that someone else is, in immediate danger call **999**. If you are calling for someone else, try to establish the person's, name, contact details and location.

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental health, advise them to call NHS 24 on **111** or speak to their GP. The route into formal mental health services is through a GP surgery. If someone discloses to you that they are already in receipt of support for their own mental health they should be directed to link in with that pre-existing support.

Support, advice and resources can also be found at:

- Samaritans - 116 123 (calls are free and do not show on a phone bill)
- Breathing Space - **0800 83 85 87** (Monday to Thursday 6pm – 2am; Friday 6pm to Monday 6am)
- Mikey's Line - **07786 207755** (Sunday to Thursday 6pm - 10pm, Friday to Saturday 7pm - 7am)
 - Young People can email yo@mikeysline.co.uk for an appointment
 - The Hive , 19 Academy Street, Inverness – closed during lockdown
- Ewen's Room - **0800 689 3317** (Weekdays 5pm - 10pm; Weekends 12 noon - 10pm)
- National Scottish Domestic Abuse Helpline - **0800 027 1234**
- Rape and Sexual Abuse Service Highland (RASASH) - **03330 066 909** (Monday/Wednesday/Friday 9.30am till 12.30pm; Tuesday and Thursday 1.30pm till 4.30pm). Text support Service: **07451 288 080**
Support email: support@rasash.org.uk
- Rape Crisis Scotland - **08088 01 03 02** (Phone free any day between 6pm and midnight)
Text: **07537 410 027** (If no immediate response, let them know when is a safe time to contact you)
- LGBT Helpline Scotland **0300 123 2523**
- Childline - **0800 1111**
- CRUSE Bereavement Care Scotland - **0845 600 2227**
- James Support group - **07563 572 471** (24 hour helpline)

Non-crisis situations

In most instances where mental health concerns are raised it will not be a crisis. If you have, or someone you are in contact with has concerns about mental ill health, a GP should be the first point of contact.

It is understandable in the current pandemic that many people will feel anxious, worried or stressed. For those who are in need of emotional/wellbeing support or who are affected by isolation due to the current COVID-19 circumstance, you might want to look for local voluntary organisation who can offer a regular welfare call or suggest contact with a befriending service.

Additional resources

While we can't control many of the challenges around us, there are still things we can do to protect our mental health and wellbeing. Check out any of the resources:

Befrienders Highland
www.befriendershighland.org.uk
 A small voluntary organisation working to improve the lives of people who are lonely and isolated and have experience of mental ill health, memory difficulties or dementia and carers.

Clear Your Head
clearyourhead.scot.nhs.uk
 Great tips from the Scottish Government and partners to help get you through these difficult times.

Highland Mental Wellbeing
www.highlandmentalwellbeing.scot.nhs.uk
 A collection of resources gathered by NHS Highland to support mental wellbeing

Highland Digital School Hub: Wellbeing for all
www.highlanddigitalhighland.scot.nhs.uk/wellbeing-for-all
 Resources to use at home to help with going back to school, and resources for school staff to support themselves

SAMH Information Service
www.samh.org.uk/information-service
 You can talk to their Information team about mental health on **0344 800 0550**, and there is a range of information on support, including:

- If you urgently need help - <https://bit.ly/3uW3QCE>
- SAMH have put together a list of organisations who can help if you need to speak to someone.
- Protect your wellbeing in winter - <https://bit.ly/2N24WYs>

Some of us may struggle with our mental health and wellbeing during the colder months.

Prevent Suicide – Highland App

The 'Prevent Suicide – Highland' app can be downloaded for smart devices from:

- Apple App Store - <https://apple.co/3skb2nf>
- Google Play Store - <https://bit.ly/37FJfJ6>

NHS Education for Scotland (NES) national animations (each video is approximately five minutes in length)

A series of videos promoting children and young people's mental health and preventing self harm and suicide:

- What is mental health? - <https://vimeo.com/450051310>
- How to talk about mental health - <https://vimeo.com/450052951>
- Self-harm and suicide prevention - <https://vimeo.com/450054407>

A series of videos for adults are also available:

- Ask, tell, look after your mental health - <https://vimeo.com/338175495>
- Ask, tell, have a healthy conversation - <https://vimeo.com/338175444>
- Ask, tell, save a life – every life matters - <https://vimeo.com/338175393>

This resource has been produced by the Highland Community Planning Partnership Mental Health & Wellbeing Delivery group. If you require a copy of this guide in an alternative format please contact the Highland CPP by emailing cpp@highland.scot.nhs.uk

1. Mental Health Delivery Group - meet the Chair



Name: Cathy Steer

One interesting fact about you: I'm a qualified gymnastics coach

Who do you work for? NHS Highland, Public Health Directorate

Day job: Head of Health Improvement

Describe your vision/hope for the mental health and well-being of the people living across the Highlands:

People in Highland know how to look after their mental health and wellbeing and, if they need it, can access the right support for them, at a time that is right, for them.

What 1 thing could we all do to help achieve this vision? Be Kind

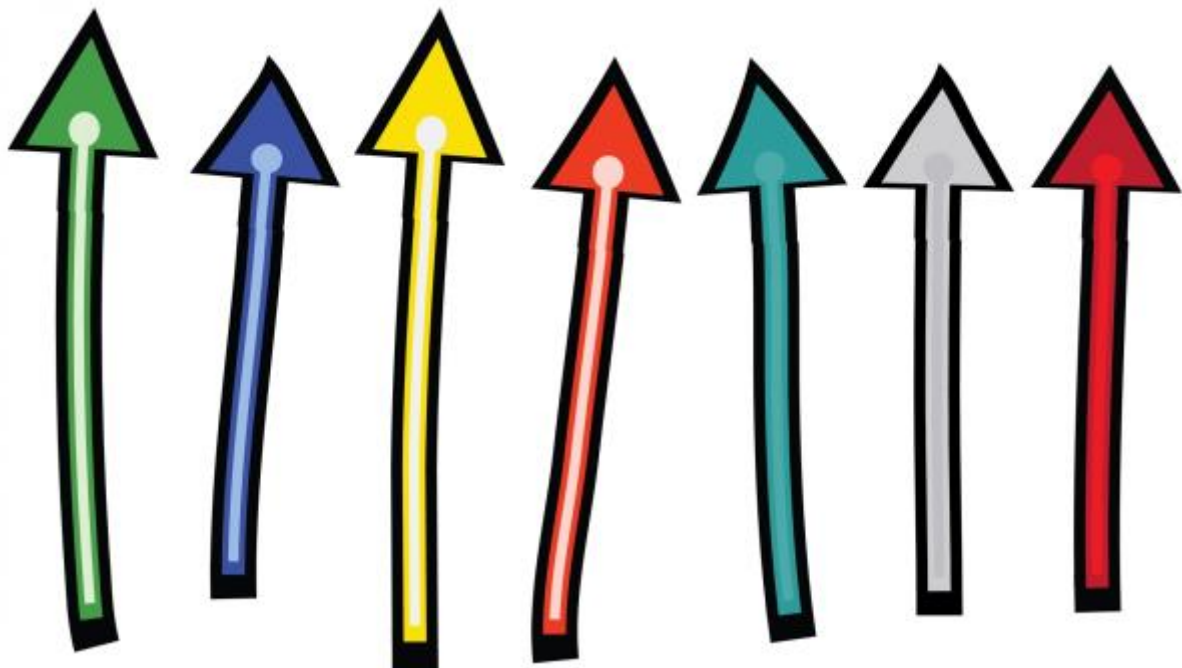
What is on your Santa list? Electronic candle lighter. No more burnt fingers!

Cathy also notes: The MHDG is a group of people from a range of organisations (a full description can be found in section 7 of this newsletter), but we would welcome the views of people from across Highland, who are interested in improving the mental health and wellbeing of people in their local communities.

If you have anything you would wish to include in our next newsletter, e.g. services you wish to highlight, exciting local initiatives that other areas may wish to replicate, please contact us by emailing nhsh.mentalhealthtraining@nhs.scot

So let's get started

2. Mental Health Delivery Group - priority indicators



In 2021 the Highland Community Planning Partnership Board agreed that each thematic sub group (of which the MHDG is one), develop "relevant and timely measures in order to evidence progress against the partnership outcomes defined in the [Highland Outcome Improvement Plan](#)".

How will we map progress?

This delivery group worked to develop indicators which were relevant to the mental health and wellbeing of people in Highland today and that could be measured by reviewing multiple sources of information and data already being collected.

Learning from Lived Experience

The group also aims to enhance progress reports by sharing examples of excellent practice, and stories of change from across our communities.

Indicators

Increase accessibility and engagement with greenspace activity

Detail: The number of people accessing greenspaces within their community

Rationale: Being in the natural environment is shown to have a positive impact on our mental health and wellbeing. The Scottish Government's Natural Health Service aims to show how Scotland's natural environment is a resource that can be used to help tackle mental health and wellbeing issues

Increase the quality of mental health and wellbeing in the general population of Highland

Detail: The number of people reporting positive mental health and wellbeing

Rationale: Positive mental health and wellbeing allows people to thrive in their daily life and develop the resilience to cope with the challenges they face, with hope and optimism.

Reduce feelings of loneliness and isolation within the Highland population

Detail: The number of people self-reporting loneliness and isolation

Rationale: Social isolation and loneliness can affect anyone – at all ages and stages of life. As our society changes, there is increasing recognition of social isolation and loneliness as major public health issues that can have a significant impact on a person's physical and mental wellbeing

The Highland workforce are trained in supporting people with mental health and well-being concerns

Detail: The number of people engaged with training and learning opportunities

Rationale: Training in mental health and wellbeing equips staff with the knowledge and understanding to ensure helpful responses. A broad range of resources and training opportunities relevant to their role ensures a competent and confident workforce.

Reduce the number of suicides across Highland

Detail: The numbers of people dying by suicide in Highland

Rationale: Highland has a significantly higher suicide rate than Scotland overall. Suicide should be addressed as a wider issue around inequality as well as around mental health and well-being. A whole system approach is vital to achieve the vision where "suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide; [and where] suicide prevention is everyone's business." ([Every Life Matters, Scotland's Suicide Prevention Action Plan \(SPAP\) 2018 – 2021](#))

3. Suicide - recent data



Globally 2019

703,000 deaths by probable suicide

1 person dies every 40 seconds

WHO(2021); Cerel et al. (2019); PHS (2021)

Scotland (2019/2020)

833/805 deaths by probable suicide

<https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/deaths/suicides>



Highland Council Area (2019/2020)

67/44 deaths by probable suicide

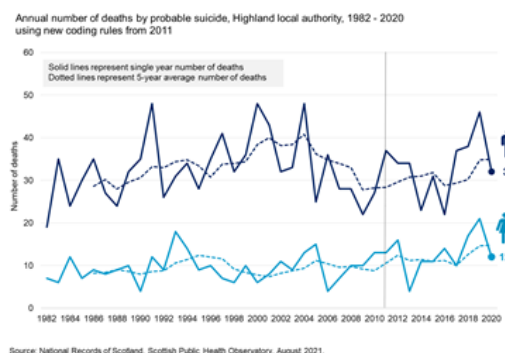
(NHS Highland area, 87/54 respectively)

<https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/deaths/suicides>

This summary slide produced by our colleagues in NHS Highland Health Intelligence, highlights that whilst the number of deaths in a single year have reduced, the number of deaths in 2020 is above the previous 5 year average.

Deaths by probable suicide in Highland

- 44 people died by probable suicide in Highland council area in 2020, compared to 64 people in 2018 and 51 in 2017
- The number of deaths in 2020 is above the previous five-year average
- 5-year age-sex standardised rates (EASR) (new coding rules)
 - Persons - 22.0 per 100,000
 - Males - 31.2 per 100,000
 - Females - 12.8 per 100,000
- Death rates from suicide for both men and women are higher in Highland than the national average



[National Records of Scotland, Scottish Public Health Observatory, August 2021](https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/deaths/suicides) data also highlights equality concerns e.g.

- the suicide completion rate for women is rising;
- men are still more likely to complete suicide;
- people living in the most deprived areas of Scotland are 3 times more likely to die by probable suicide than those in the least deprived areas.

Preventing suicide and supporting recovery from the impact of suicide is every person and community's business. By talking about suicide we can reduce stigma which in turn will:

- enable people in distress who are thinking about suicide to reach out and seek help
- enable us to confidently and sensitively talk to people affected by suicide and offer them the care and support they might need
- enable us to have confident and open conversations about the significant public health issue affecting our communities every day.

So as a Highland-wide partnership, what are we doing about it?



A raft of excellent training and community participation work is taking place across Highland delivered by services such as [Mikeysline](#), [Ewen's Room](#) and [James Support Group](#). Click on each link for more information.

As well as these highly valued services partners within the HCPP deliver a variety of other training. Read on to find out more.....

4. Suicide Intervention and Prevention Programme (SIPP) Training



The following short film explains the background to this partnership approach to delivering suicide awareness and responsiveness training. You'll hear directly from trainers why they believe this approach to be both useful and effective in ensuring leaders in our communities are equipped and confident to talk about suicide.

*The video has no sound until Jim begins to talk.



<https://sway.office.com/MGwzkaP49TdOJIs0#content=Ob4v7kXFzNhdd>

If you have any questions at all or for more information on SIPP course dates and perhaps even becoming a SIPP trainer;

Email - Siobhan Leen, Health Improvement Specialist, NHS Highland

on behalf of the Highland Community Planning Partnership

at nhsh.mentalhealthtraining@nhs.scot

5. The Highland Council - Suicide Awareness - Toolbox Talks



As an approach, '**ToolBox Talks**' are a tried and tested method across construction and manufacturing industries, providing short, brief discussions on particular workplace hazards.

They allow leaders to generate discussion and raise awareness on particular subjects with the aim of reducing risk and increasing safety.

This model has been adopted by colleagues in the Highland Council **for use across ALL services and community groups** as a starting point to open up the conversation, increase awareness and build confidence in people to talk about suicide as they would do around any other wellbeing concern.

Tool Box Talk - Suicide Awareness

Aims to:

- Increase Awareness of Suicide in our communities

- Inform people on how to respond if they are concerned someone may be considering suicide
- Provide accurate information on support services available

The Programme briefly covers:

- Prevalence of suicide
- Challenges some traditionally held beliefs and the stigma attached to suicide
- Possible warning signs
- What people can do to help
- Where to find further support and advice

For more information on Tool Box Talk - Suicide Awareness

Contact james.mccreath@highland.gov.uk

Also...

6. Children and Young People, Prevention and Early Intervention



Collaboration with children and young people with a lense on prevention and early intervention

Currently within North Highland, our Education partners continue to strive to meet the mental health and wellbeing needs of our children and young people as well as developing resources and approaches.

Pupils in several Highland schools are providing information on defining the SHANARRI Wellbeing Indicators in a child-friendly way, to inform an evaluation tool for schools to use alongside other

existing measures of Wellbeing. This will sit alongside the [Equalities Guidance written by the pupils at Nairn Academy](#) last year (INCLUDE), as a tool created by children and young people, because this is an area that directly impacts on children and young people

Supported by the Northern Alliance and in partnership with Education Scotland and Aberdeen University, is a research project relating to the development of wellbeing in schools. The research aims to pull together a number of case studies to guide and support schools with ideas of activities and approaches that are already working. These good practice examples will also allow staff to draw out the key components of 'what works' within schools to support positive mental health and wellbeing.

The value of well informed and skilled staff is constantly being acknowledged and supported through a series of training modules. Some existing e.g. Mental Health Awareness; Trauma Informed Approaches; Listening Skills; Nurture for All. Others are in development and will be offered to support all staff in schools over a period of time, to incrementally enhance their understanding and skill in working with children and young people in a way that promotes emotional wellbeing and sustains positive mental health.

For more information contact: bernadette.cairns@highland.gov.uk

7. Mental Health Delivery Group(MHDG)Explained



The MHDG is one of 5 thematic sub groups of the Highland Community Planning Partnership (HCPP). The overarching aim of this group is that **all people in Highland will benefit from good health and wellbeing**.

The [Highland Community Planning Partnership](#) brings together public agencies, third sector organisations and other key community groups to work collaboratively with the people of Highland to deliver better outcomes.

Feeding into the HCPP are 9 local community planning partnerships **and** the 5 regional thematic sub groups which are:

- mental health and wellbeing (MHDG)
- community safety and resilience
- infrastructure
- community participation and dialogue
- poverty reduction.





Connecting Carers
A better life for unpaid carers in Highland



Mikeysline
IT'S OK NOT TO BE OK



RASASH
Rape and Sexual Abuse Service Highland

CURRENT MEMBERSHIP

Chairperson - Cathy Steer, Head of Health Improvement, NHS Highland

NatureScot

Cattie Anderson and Liz McLachlan

Third Sector Representatives

Vacant (Rape And Sexual Abuse Service Highland - **RASASH**)

Roisin Connolly (**Connecting Carers**)

The Highland Council

Psychological Services

Bernadette Cairns

Policy, Equality & Opportunity

Rosemary Mackinnon

Occupational Health, Safety and Wellbeing

Gena Falconer

Learning and Development

Jim McCreath

NHS Highland

Mental Health & Learning Disabilities Helen Eunson

Public Health: Val MacDonald, Sally Amor, Siobhan Leen, Maggie Hume

Fire Scotland

Jill Graham

Police Scotland

Partnerships Jennifer Baughan

Partnerships Lindsay Tulloch

HighLife Highland

Lynn Bauermeister

Scottish Ambulance Service

Michael Adams

University of Highlands and Islands

Lynsey Mason

8. Finally, a message from the MHDG

As Rudolph relaxes before his big day, from all the MHDG partners, may you too find time to relax and have a peaceful holiday season

