Supporting the Learning Needs of the Scottish Workforce

Mental Health, Self-Harm and Suicide Prevention Learning Resources

July 2023

Purpose

This briefing provides a summary of the resources developed in partnership by Public Health Scotland (PHS) and NHS Education for Scotland (NES) to support workforce learning needs associated with mental health improvement and the prevention of self-harm and suicide. It is aimed at commissioners, learning and development leads, workforce planners as well as individual staff who are working in all sectors in Scotland.

These free digital resources are already being used across Scotland in many different settings and sectors, with continued interest from a wide range of agencies and individuals.

Access to the resources outlined in this document can be found via the NES TURAS platform.

Register for Turas Learn Account **here**

- o Register and create an account

- o You will receive an e-mail notification asking you to follow a link to set your password to activate your account.

- o Log in and open Turas Learn application to use the links below to access our learning resources

Following logging in to your TURAS account, use the quick links that have been provided to access each of the digital resources developed so far

Facilitation packages

There are facilitation packages available for some of these resources. The facilitation package will help to support the delivery of workshops and local delivery via a digital platform. These packages provide the opportunity to deliver structured interactive sessions, providing the opportunity to explore issues further, either as a team and/or across different sectors.

Facilitators who are already in a training/facilitation role and/or who have knowledge and expertise within mental health and/or suicide prevention can register via the Facilitator Area **https://learn.nes.nhs.scot/68922**

The **Mental health Improvement and Prevention of Self-harm and Suicide Knowledge and Skills Framework** sets out the knowledge and skills required at four levels of practice (which are based on the workers role and context rather than their seniority). These are informed, skilled, enhanced and specialist.

Informed Level Resources

The essential knowledge and skills required by everyone, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and other's mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.

Ask, Tell Animations - Adult

Three animations that inform individuals working with adults about mental health, how to maintain this; the factors that can lead to mental distress or mental ill-health; how to have compassionate conversations which sets out how to support people who are experiencing mental distress or may be feeling suicidal and help them seek help.

Although these can be viewed on their own, it is recommended that these are viewed as part of a wider learning activity. (See eLearning Module via TURAS Learn)

Ask, Tell, Look After Your Mental Health. Understanding mental health and keeping mentally healthy - (open access: **https://vimeo.com/338176495**)

Ask, Tell, Have a Healthy Conversation supporting compassionate conversations with people who may be experiencing mental ill-health or distress or at risk of suicide - (open access: **https://vimeo.com/338176444**)

Ask, Tell, Save a Life: Every Life Matters suicide prevention and keeping people safe (open access: **https://vimeo.com/338176393**)

Translations available: Polish and Urdu translations are available on each of the animations listed. Please click on the CC (closed captions) and select which translation is required.

Facilitation Package available.

eLearning module

A standalone eLearning module which explores what is mental health, provides awareness on how to have a compassionate conversation with people who may be experiencing mental distress and looks at exploring the issue of suicide, including statistics and facts about suicide in Scotland. Access
https://learn.nes.nhs.scot/17262

Ask, Tell Animations - Children and Young People

Three animations to support learning about mental health, self-harm and suicide prevention specifically for the wider Children and Young People's workforce. These animations support individuals to understand the factors that influence mental health and resilience in children and young people; engage proactively with children and young people about mental health, self-harm and suicide; and recognise when to seek help to support those in their care.

Ask, Tell, what is mental health? - identify ways in which you can support good mental health in children and young people and recognise the signs of mental ill health. Positive experiences, relationships and a sense of belonging are all important in building resilience and good mental health in children and young people. It is important to look behind behaviours be, curious and ask why. Access:
https://vimeo.com/450051310

Ask, Tell, how to talk about Mental Health - It is important to talk with young people about their mental health. This animation identifies the importance of finding time and creating a safe environment to talk. Access: **https://vimeo.com/450052951**

Ask, Tell, Self-harm and Suicide Prevention - learn about self-harm and suicide risk in children and young people. The importance of talking and asking about suicidal thoughts and self-harm. And getting immediate help when you are worried about a child or young person's safety. Prevention of suicide and self-harm is everyone's business. Access: **https://vimeo.com/450054407**

Translations available: Polish and Urdu translations are available on each of the animations listed. Please click on the CC (closed captions) and select which translation is required.

Facilitation Package available.

Supporting a mentally healthy workplace: a guide for managers

A presentation for managers, team leads and people in similar roles. It is designed to help you to better support the mental health of employees and to encourage good practice in promoting positive mental health and wellbeing in the workplace: Access: **https://learn.nes.nhs.scot/46641**

Skilled Level Resources

The knowledge and skills required by 'non-specialist' frontline staff working in health, social care and wider public and other services, who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide.

These resources will support the skills development of the workforce. Each Learning Byte includes a range of case studies that help build knowledge and skills on the following areas:

Learning Byte 1: Promoting Mental Health and Tackling Inequalities

Includes understanding what mental health is, features of positive mental health, determinants of mental health, trauma and inequalities that can lead to mental ill health, what works to improve mental health and how you can apply this knowledge in your own workplace. Access: **https://learn.nes.nhs.scot/37027**

Learning Byte 2: Supporting People in Distress and Crisis

Includes understanding distress, crisis and related risk or protective factors, recognising when someone may be experiencing distress or crisis, providing a compassionate and helpful response, supporting self-help, problem-solving, and knowing how and when to access more urgent support for someone. Access: **https://learn.nes.nhs.scot/38199**

Facilitation Package available.

Learning Byte 3: Supporting People at Risk of Suicide

Includes the factors that may lead people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk
about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, practical and emotional approaches to supporting people at risk of suicide. Part B includes additional information about children and young people who may be at risk of suicide. Access: **https://learn.nes.nhs.scot/41022**

Facilitation Package available.

Learning Byte 4: Supporting People at Risk of Self-Harm

Includes the different reasons why people self-harm, understanding self-harm as communication of distress, some common misconceptions surrounding self-harm, impact of thoughts, feelings and emotions on self-harm, adopting a sensitive, compassionate and non-judgemental approach when talking about self-harm, risk and

protective factors associated with self-harm, ways you can positively respond to and talk about self-harm. Access: **https://learn.nes.nhs.scot/39315**

Facilitation Package available.

Learning Byte 5: Supporting Recovery and Quality of Life for People Living with Mental Ill Health

Includes understanding the concept of recovery and how to work in a way that promotes this, supporting people to engage with wider community resources that promote social and peer support, meaningful purpose and positive relationships, understanding the physical health problems and barriers to treatment and lifestyle change that can be experienced by people living with mental ill health, recognising the impact of stigma and discrimination on mental health recovery, and promoting inclusion, health and quality of life. Access: **https://learn.nes.nhs.scot/38200**

Enhanced and Specialised Level

Enhanced Level' focuses on the knowledge and skills required by staff working in health and social care, and wider public services, who have regular and intense contact with people experiencing mental distress, mental ill health, and may be at risk of self-harm or suicide, and whose job role means they can provide direct interventions.

The 'Specialist Level' focuses on the knowledge and skills required for staff, who because of their role and/or practice setting, play a specialist role in mental health improvement and the prevention of self-harm or suicide, and includes specialist mental health/public health professionals.

Masterclasses

A range of recorded masterclass sessions for people whose work role requires them to further develop skills and knowledge at the enhanced and specialist level of the mental health improvement and prevention of self-harm and suicide framework.

Topics presented include:

Scottish Data and Statistics - National Confidential Inquiry into Suicide and Self Harm

Presented By Professor Louis Appleby

Understanding the transition from suicidal thoughts to suicidal act

Presented By Professor Rory O'Connor

Time to address 'the causes of the causes': effective suicide prevention also requires sound policy interventions

Presented By Professor Steve Platt

What can we do to prevent suicide within our roles?

Presented By Professor Rory O'Connor and Professor Steve Platt

The recordings for each of the masterclasses can be found here: **https://learn.nes.nhs.scot/33739**

For further information on these resources or to explore ways to be more involved, please contact the PHS/NES Team:

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Please see background information and progress reports on following page.

Background

Public Health Scotland and NHS Education for Scotland (NES) work in partnership with a wide range of stakeholders to develop workforce education and development opportunities relating to mental health improvement and the prevention of self-harm and suicide. This contributes to the outcomes in Creating Hope Together, Scotland's Suicide Prevention Strategy and the delivery of its associated actions.

Our current activity builds on and continues work previously done as part of Every Life Matters. It includes our **Mental Health improvement and Self-Harm and Suicide Prevention Knowledge and Skills Framework**. The framework articulates the knowledge and skills required at four levels of practice: informed, skilled, enhanced and specialist. It includes the promotion of good mental health, improving quality of life, tackling mental health inequalities, supporting people in distress or crisis, promoting resilience and recovery and preventing self-harm and suicide.

Highlights of the work we have done so far can be found in our 2022 progress report via the following link: **https://sway.office.com/DV6NLudGCwP4IwgF?ref=Link**. The report also includes a short animation which highlights our key achievements. It can be viewed separately using this link: **https://vimeo.com/manage/videos/744639396**