

Suicide Prevention: Improving Awareness of Supports & How We Can All Make a Difference



What are we trying to achieve?

We are aiming to reduce the number of suicides in Aberdeen by improving awareness of available supports and of how we can all make a difference and help prevent suicide.

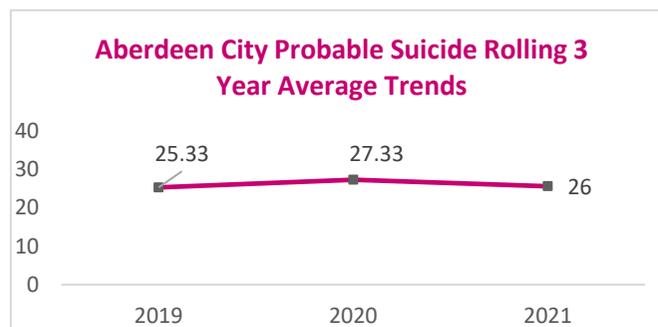
How are we doing this?

Through our multi agency project we are testing the following improvements:

- Suicide prevention training for staff and communities to raise awareness of the actions they can take to support someone at risk.
- Targeted support, engagement with organisations interacting with or representing at risk groups themselves to enable them to provide support and have conversations about suicide prevention
- 12 week 'Changing Room' programme being tested with Aberdeen FC Community Trust using football to help support men aged 30-64 improve their mental wellbeing.
- Displaying QR codes in prominent locations that take the user to the Prevent Suicide App.

What have we achieved?

- **Reduction** from 27 to 26 in the rolling 3 year average for probable suicide in 2021 from 2020.



- In 2021, **32** Introduction to Suicide Prevention sessions were delivered to **708** staff and volunteers from groups and organisations in Aberdeen, with an additional **115** people from the City attending our Grampian-wide offering.
- Those receiving training have included Teachers, Coastguard, Community Councillors, Housing Officers, Offshore Medics and Bar Staff.
- **92.7%** of people trained agreed that the training has been helpful in their professional practice and **86.6%** have agreed that training helpful in their personal life.
- **3,992** users in Aberdeen of the Prevent Suicide App, as at January 2022, **56%** of all app users.

What impact have we had?

"The whole course was worthwhile and interesting but the warning signs, the statistics and the wider effects felt by those left behind brought it home and reinforced the importance of communicating at all levels and of having support structures from a personal and professional point of view." – ISP attendee

Here's how you can access help



The free Prevent Suicide App has information on local and national sources of support alongside suicide myths and facts, tips on having the conversation and how to create a safety plan.

Here's how you can help

Watch our short video explaining what you can do to prevent suicide <https://youtu.be/moRVO3DG8Uk>



Project Manager, Darren Bruce, Police Scotland

For more information on our project visit: <https://communityplanningaberdeen.org.uk/stretch-outcome-11/>