

Suicide is Everyone's Business



Brian Johnston

Community Engagement Officer
Scottish Action for Mental Health (SAMH)

SAMH

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BRIAN JOHNSTON

COMMUNITY ENGAGEMENT OFFICER
NORTH EAST SUICIDE PREVENTION TEAM

**SUICIDE PREVENTION IS
EVERYONE'S BUSINESS**

YOU COULD SAVE A LIFE



northeastsuicideprevention@samh.org.uk



SUICIDE PREVENTION IS EVERYONE'S BUSINESS

REDUCE THE STIGMA AND BUILD STRONGER COMMUNITY CAPACITY

Mental health services should be there when people need them, but there is also so much that individuals and communities can do too. Just being kind or listening to someone who is approaching a crisis can make all the difference as it helps them to feel that they have been heard.

Its vitally important to work across societal and organisational boundaries so that we can reach people early on and before they get to crisis point. It is also crucial to listen to people who care for those who are going through a mental health crisis so that we can also make sure they get the help they need.

Suicide Prevention is everyone's business – Why?

One life lost to suicide is one story untold and a future lost

792 *deaths by suicide* in Scotland in 2023, 82 in Grampian

Approximately 12% of national total and almost 7 lives lost a month in Grampian

32 in Aberdeenshire
29 in Aberdeen City
21 in Moray

Approximately 135 people are affected by a suicide (Approx = 11,000 people in 2023)

75% of all suicides are male

65% increase in risk of suicide if close connection

The suicide rate in Scotland is higher than England and Wales. (per head per capita)

Biggest killer of under 30s in Scotland

Rate 3 times higher in most deprived areas

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

This equates to 1 in 20 people or the population of Aberdeenshire or Aberdeen City

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

CHANGE THE NARRATIVE AROUND SUICIDE

LET'S BE OPEN, HONEST, COMPASSIONATE AND KIND

PEOPLE DO NOT COMMIT SUICIDE THEY DIE BY SUICIDE

DYING BY SUICIDE IS NOT A SELFISH ACT

ASKING ABOUT SUICIDE WILL NOT PUT SUICIDE INTO SOMEONES THOUGHTS

PEOPLE WHO ARE SUICIDIAL DO NOT ACTUALLY WANT TO DIE

YOU HAVE TO BE MENTALLY ILL TO THINK ABOUT SUICIDE

IF A PERSON IS SERIOUS ABOUT KILLING THEMSELVES THEN THERE'S NOTHING YOU CAN DO.

PEOPLE WHO SAY THEY ARE GOING TO TAKE THEIR OWN LIFE ARE JUST ATTENTION SEEKING AND SHOULDN'T BE TAKEN SERIOUSLY.

YOU CAN'T TELL WHEN SOMEONE IS FEELING SUICIDAL

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5 tips for Suicide Prevention

Be Kind

Respect Each Other

Take Notice

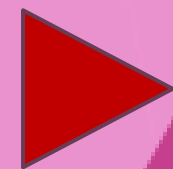
Active Listening

Don't Be Judgemental

You could save a life



TOM WALKER - LIFELINE



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Keep Hope Alive Thank You

For any further information about suicide prevention across Aberdeen City, Aberdeenshire or Moray please do not hesitate to contact us.



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Where flowers bloom,
so does HOPE.

Lady Bird Johnson



FlowersBloomHope.com