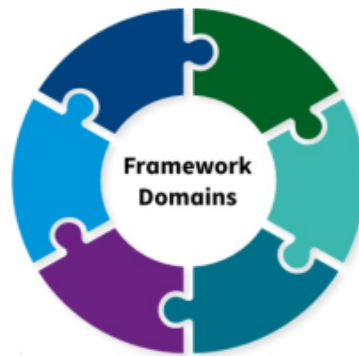


Mental Health and Suicide Prevention: Knowledge and Skills Framework (inc Learning)

A knowledge and skills framework for mental health improvement and prevention of self-harm and suicide was co-produced by NHS health Scotland and NHS Education for Scotland. It sets out the knowledge and skills required by health and social care staff across 6 framework domains.



1. Promote good mental health and wellbeing
2. Tackle mental health inequalities, stigma and discrimination
3. Support people in distress or crisis
4. Promote resilience and recovery
5. Prevent self-harm or suicide
6. Improve the quality and length of life for people living with mental ill health

The framework articulates the knowledge and skills required across 4 levels of practice: **informed**, **skilled**, **enhanced** and **specialist**.

These levels are based on the nature and frequency of contact staff have with people who may be at risk of, or affected by, mental ill health, self-harm or suicide

The framework document is available from Turas Learn:

<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

Learning available on Turas Learn

Please note you will need to register and log in to Turas Learn to access resources.

Informed level Resources: Mental Health Improvement and Suicide Prevention Module

'Informed Level' provides the essential knowledge and skills required by all staff working in health and social care to contribute to mental health improvement and the prevention of self-harm and suicide. It also encapsulates most of the wider public health workforce who need to be informed about mental health and wellbeing and be able to respond to someone who is experiencing mental distress, or mental ill health, and who might be at risk of self-harm or suicide. This level is also applicable more broadly, and can have relevance to everyone, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and others' mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.

This module comprises three animations and learning quizzes covering mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal.

Animations:

1. Ask, Tell: Look after your Mental health, covers wider issues relating to MH stigma and how to look after your MH.
2. Ask, Tell: Have a healthy conversation, covers suicide/ self-harm, signs/changes to look for, ALERT, skills.
3. Ask, Tell: Save a life: Every life matters, covers the issue of suicide, stats, facts, impact, supporting someone at risk of suicide.

Further information and access to the module is available from Turas Learn:

<https://learn.nes.nhs.scot/17262/mental-health-improvement-and-prevention-of-self-harm-and-suicide/mental-health-improvement-and-suicide-prevention>

Skilled Level Resources: Learning Bytes

'Skilled Level' describes the knowledge and skills required by 'non-specialist' front line staff working in health, social care, wider public and other services. These workers are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide, meaning that they have an important contribution to make in mental health improvement and self-harm and suicide prevention. Staff may wish to undertake the informed module first to support their knowledge.

Learning Bytes are a series of 5 short learning modules exploring the following:

Learning Byte 1: Promoting Mental Health and Tackling Inequalities

Learning Byte 2: Supporting People in Distress and Crisis

Learning Byte 3: Supporting People at Risk of Suicide

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

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

Each learning byte focuses on a different topic but they are all connected. They can be completed in any order.

Further information and access to the Learning Bytes is available from Turas Learn:

<https://learn.nes.nhs.scot/33738/mental-health-improvement-and-prevention-of-self-harm-and-suicide/skilled-level-resources>

Finally....

Learning resources address subjects of distress, self-harm and suicide. Details of support organisations are listed below and within the bytes but please also speak to someone if you do experience distress.

Breathing Space: 0800 83 85 87 Samaritans 116 123 NHS 24 111 Childline 0800 1111

Please also download the Prevent Suicide Highland App available on apple and Android for information and support