

# **Creating Hope Together: Scotland's Suicide Prevention Action Plan 2022-2025**

**Easy Read**

**September 2022**



**Scottish Government**  
Riaghaltas na h-Alba  
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# Creating Hope Together: Scotland's Suicide Prevention Action Plan 2022-2025



Easy Read version

## Our vision - how we want things to be



Suicide is what we call it when a person ends their own life.



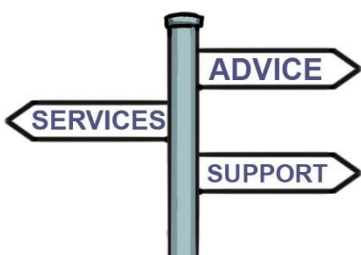
We want people to work together to prevent suicide.



We want people to know where to get help when they need it.



We want people to know how to help someone who feels suicidal.

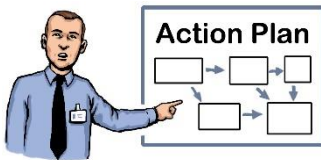


We want people to get support when they know someone who has been affected by suicide.

## Introduction



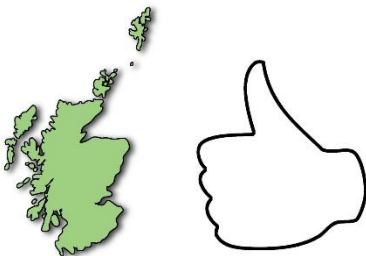
The Scottish Government and the Convention of Scottish Local Authorities (COSLA) have made a strategy to lower the number of suicides in Scotland. The plan is for the next 10 years (2022-23).



The Scottish Government and COSLA have also written this action plan. The action plan will be in place for 3 years, until 2025, and lays out what will be done to lower the number of suicides in Scotland.



The documents are based on what people said was needed to lower the number of suicides.



A lot of work on suicide prevention is already being done in Scotland. This action plan sets out what work will carry on and what new work will be done to help prevent suicide in Scotland.



Suicide is complicated. It is caused by lots of things. The plan looks at what can be done by the government, and others, to help lower the number of suicides.



The Government, businesses, services - such as health, housing and education - all have a part to play. The voluntary sector which includes charities will also play a big role. People and community groups have a role too.



Together we will tackle wider issues like poverty and social isolation. We will look at things like criminal justice, violence against women, and homelessness. These will help to prevent suicide.



We want to make sure that everyone works together to prevent suicide in Scotland.

## What is in the Action Plan?



Suicide can affect anyone. It does not matter what age or gender they are or where they live. But some people are at more risk of suicide.



This plan will help everyone. But we know there is work to do to help those most at risk of suicide.

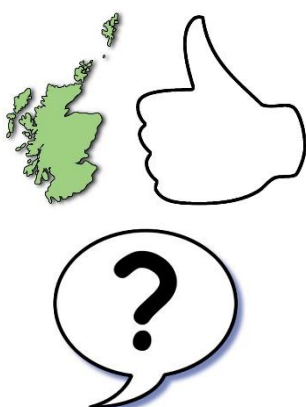


We know that we need to take actions to understand what children and young people need and then get the right things in place to support them.

## Our Goals



We have four long term goals that we need to make happen.

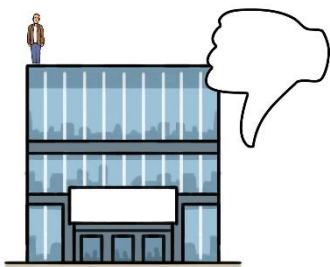


**Goal One:** We want a Scotland where people are protected against suicide.

**Some of the things we will do to reach this goal are:**



We will work together across Scotland to prevent suicide. All the parts of the Government will look at how to help prevent suicide through their work, and when they make future decisions about their work.



We will stop people hurting themselves. This will include a plan to stop people jumping from high places.



We will look at how suicide is talked about in the media. This will include talking to people who report the news and asking them not to talk about how someone died by suicide.



**Goal Two:** We want a Scotland where everyone is aware of suicide. Everyone should know what they can do to help themselves and others.



**Some of the things we will do to reach this goal are:**



We will help people to learn about suicide prevention.  
This will include campaigns to raise awareness.



We will make one online place where information and advice on suicide prevention is available for those who need it.



We will create opportunities for more people to learn about suicide prevention. We will train new nurses and teachers on suicide prevention.



**Goal Three:** Everyone in Scotland who has been affected by suicide can get help when they need it. This help should be without long waiting times and come from kind professionals.

**Some of the things we will do to reach this goal are:**



We will give opportunities for people who have experience of suicide to share their stories with others and support others to feel better.





We will work with children and young people to see how they can be better supported to talk about suicide and get the right help when they need it.



We will work in schools, hospitals and social groups. These places help to connect people and we want them to play a part in suicide prevention. We will make sure people can help and share their knowledge with each other.



We will make sure support is available to people who have known a friend or family member who has died by suicide. We will make sure people are supported when they reach out for help – such as when they speak to their doctor.



**Goal Four:** Everyone works together to prevent suicide. Decisions will be based on the experience of people affected by suicide and facts. All these actions will be checked to make sure they are working.



**Some of the things we will do to reach this goal are:**

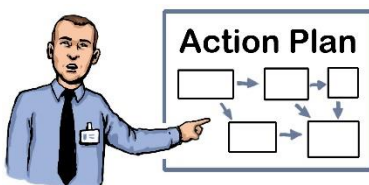


We will support people working in different services in Scotland to put suicide prevention action plans in place. We will start by looking at places where there is a higher risk of suicide (people in prison or residential care), or those who work with people at higher risk of suicide (such as ambulance drivers).



We will keep putting people with lived experience at the heart of any work on suicide prevention and look for ways to have more people involved.

## Delivering the actions



The Scottish Government and COSLA will make sure all this work gets done. We will now start work on a detailed plan which will show how we will carry out the actions we have set out in this document.

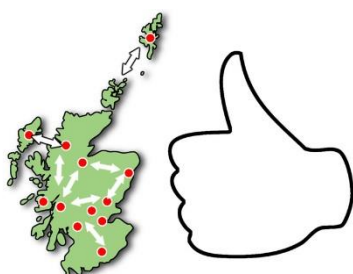


There is already a strong suicide prevention community in Scotland and we want to make this even

stronger. People, communities and organisations will all be supported to take action.



We will set up a Delivery Collective. This is a group of people and organisations that will connect and work together to carry out the plan to prevent suicide.



Teams will work together and share what they know locally and nationally.



The Scottish Government has promised to double the amount of money it spends on suicide prevention by 2026, to £2.8 million.

## Support that is available



### **Breathing Space**

Service open: Monday to Thursday - 6pm to 2am  
Weekends - Friday 6pm to Monday 6am

Phone: [0800 83 85 87](tel:0800838587)

Webchat: [breathingspace.scot](https://breathingspace.scot)



### **Samaritans**

A helpline for anyone feeling low or considering suicide.

Phone: [116 123](tel:116123)

Website: [samaritans.org](https://samaritans.org)



### **NHS 24 mental health hub**

Call 111 to get urgent mental health assessment and support 24/7.

Phone: [111](tel:111)



ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://childline.org.uk) | 0800 1111

### **Childline**

A free service for children and young people whenever they need support or advice. Open 24/7.

Phone: [0800 1111](tel:08001111)

Website: <http://www.childline.org.uk/>



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