

Training & Help Available



Applied Suicide Intervention Skills Training (ASIST). A two-day workshop that offers practical help to enable care givers to recognise and intervene to prevent the immediate risk of suicide. ASIST is free to anyone over 16 who lives or works in the Scottish Borders. We have a course running on Tuesday 14th & Wednesday 15th November to book a place email health.improvement@borders.scot.nhs.uk or call 01835 829570



Scottish Mental Health First Aid Training (SMHFA). Is the help given to someone experiencing a mental health problem before professional help is obtained. SMHFA is free to anyone over 16 who lives or works in the Scottish Borders. We have a course running on Wednesday 1st & Thursday 2nd November to book a place email training@borderscarevoice.org.uk or call 01896 757290



 **116 123**
This is a FREE to caller number



0800 027 4466



Open up when you're
feeling down
0800 83 85 87



Get the App



4th to 10th September 2017



Suicide Prevention Awareness Week 2017

Read between the lines'

That's the message Choose Life is sending out to people throughout the Borders during Suicide Prevention Awareness Week (4th – 10th Sept) to promote the involvement of whole communities in suicide prevention.

The focus of this year's campaign is to support the general public to look out for signs of suicidal intent in the people around them – friends, colleagues, family members or neighbours and encourage them to talk about how they feel.

Date	Description
Monday 4th Sept	<p>Read between the lines' With Scottish Borders Housing Association (SBHA) Contact - shirley.barrett@borders.scot.nhs.uk</p> <p>Qi Gong Taster Session (3 sessions) Penumbra, 47 Ladhope Vale, Galashiels TD1 1BW at 10– 11am, 2 - 3pm and 5 - 6 pm Contact - Gilly Callen 07717423952</p>
Wednesday 6th Sept	<p>Hopeful Steps Walk Borders Samaritans Branch 21 West Port Selkirk TD7 4DG 5mile circular walk. Registration from 5.30pm, walk starts sharp 6pm. Dogs are welcome. Beverages will be available at the Samaritans. Contact - Arabella at borders@samaritans.org</p>
Thursday 7th Sept	<p>Herriot Watt University Information and Awareness stall. Fresher's Fayre Herriot Watt University, Nether Road, Galashiels, TD1 3HF Contact - shirley.barrett@borders.scot.nhs.uk</p> <p>Qi Gong Taster Session Chest, Heart & Stroke Community Hub, 61 High Street, Hawick 2 - 2.45pm Contact - Gilly Callen 07717423952</p> <p>Qi Gong Taster Session Burnfoot Community Hub, 89 Burnfoot Rd, Hawick TD9 8EJ at 5 - 5.45pm Contact - Gilly Callen 07717423952</p>
All Week	<p>Read between the lines' Book Marks Throughout the week, we will be handing out Chooselife – 'Read between the lines' book marks Across the Borders – aiming at Colleges, Universities, Libraries, Book shops Bookmarks will be readily available for anyone that require them. Free of charge Contact - shirley.barrett@borders.scot.nhs.uk</p>