



Thank you for attending our Headstrong workshops.

In this toolkit we provide a recap of the training, signposting details, further training (local and online) and social media resources to share or print to put up in your club.

We are on hand to support you if you need any further advice or help

Please contact project coordinator:

Jasmine Bunting

Jbunting@liveborders.org.uk

We will also keep in touch to support your club to become more Headstrong.

Our resource pack below gives contacts and links to further learning

Such as mental health first aid, ASSIST and online modules around mental health in sport. You or members of your club may wish to take on further training in mental health



Workshop recap

How to have a healthy conversation about mental health

If you are concerned about someone's mental health it is important to try and open up a conversation with them. The Samaritans SUSH tips are a handy reminder of how to do this.

Show You Care:

By opening up a discussion and actively listen

Give your full attention, eye contact and be understanding

Try not to talk about yourself

Having a non-judgemental attitude is very important

Have Patience

It can take time for someone to open up, effective listening is about building trust with the other person so they feel safe. They shouldn't feel rushed, you could suggest meeting for a walk or coffee after training or another day to chat if the environment is too busy or unsuitable.

Allow them to finish speaking if they pause, they may be finding the right words or articulating how they are feeling.

Use Open Questions

that don't require a yes/no response to encourage them to talk, such as:

"How long have you been feeling this way?"

"Tell me what you are going through"

"How are you feeling today?"

"How does that make you feel?"

"Can you tell me more about that?"

These questions don't impose a view point and require the person to pause, think, reflect and hopefully expand.



Say It Back

Clarification is a key listening skill, check that you have understood but don't interrupt or offer a solution, for example:

"I'm picking up a sense of anxiety about this situation"

"When you said ... What did you mean?"

"When you said there 'isn't any point going on' are you talking about wanting to end your life?"

If you do spot the signs that someone may be thinking about suicide, it is important that you are clear about what you are asking and what they are saying.

It is important to reflect on what has been said and summarise to show you have been actively listening to the person

"You feel quite worried about the future?"

"It sounds like you have a lot going on at home and work and don't know where to start."

What you are trying to do is check to see that you are hearing what they want you to hear and not putting your own interpretation onto the conversation.

Have Courage

You'll be surprised at how willing people are to talk and sometimes it is exactly what someone needs to be able to share what is going on in their mind. However, you'll soon be able to tell if someone is uncomfortable and doesn't want to engage with you at that level, let them know you are there for them.

Don't be put off by a negative response, you might be the only person to ask how they really feel.

Don't feel you need to fill a silence.

If you spot the signs and are worried that someone might be thinking about suicide, have courage and ask them about it directly. Encourage them to seek professional help and share the signposting details. If they are at immediate risk call 999.



Spotting the signs of suicide

It is important to be aware and understand the signs of suicide:

- ❖ Talk about wanting to die
- ❖ Have been stressed or anxious and they don't seem to be coping
- ❖ Appear careless, moody or withdrawn
- ❖ Have lost interest in their appearance
- ❖ Are misusing drugs and/or alcohol
- ❖ A sudden uplift in mood may be deceiving
- ❖ Have previously attempted suicide

Be suicide **ALERT**

ASK if you think someone may be thinking about suicide

You can use direct language, and the question won't put the idea into someone's head, if they aren't already thinking about it. People who have thought about suicide say that they felt a huge sense of relief, just at someone asking them the question "Are you thinking about suicide?"

LISTEN carefully to what the person is saying

You don't need to try to make it better, tell them how important they are, or how much they have to live for. Just allowing someone to talk, and acknowledging their feelings will let them know that you care.

ENCOURAGE them to talk further

Family, friends, their GP, a counsellor, telephone support services or someone else they trust are all potential sources of support. There are contact details for various organisations later on in the presentation.

RIGHT NOW contact the emergency services if you think someone has immediate suicide plans and the means to carry it out

Contact emergency services or a crisis line if you think someone has immediate suicide plans. Don't leave someone alone if they have a plan and the means to carry it out. If they're not at immediate risk encourage them to contact their GP for support or Samaritans or Breathing Space.

TALK to someone

Supporting someone who is suicidal can be a difficult experience. You may need time and support to process your own emotions about it.



Time Space Compassion

When people describe positive experiences of being supported and responded to during crisis they describe being given time, space and compassion.

That is **Time** to be listened to, heard and validated,
Space that is safe, accessible and welcoming,
And **Compassion**, kindness, respect and sensitivity.

It's about putting the person at the centre, being human and connected, providing hope
Think about how it feels to be truly listened to in a safe space with a kind ear, you're more likely to open up to that person and feel respected and heard.
Imagine someone going through a crisis and how these three principals will help them.

How to Tackle Stigma

- ❖ Stigma is where people make derogatory assumptions on how a mental health condition will affect someone.
- ❖ Talking and educating ourselves about mental health and suicide helps reduce the stigma attached to it, which will make it easier for people to open up and to seek help and support.
- ❖ Raise awareness of mental health, wellbeing and suicide, encourage club members to attend Headstrong training, share posters, sign posting resources on social media and in the club if possible.
- ❖ Educate, explore further resources and training as listed in this toolkit.
- ❖ Promote self-care, see the 7 ways to be well poster.
- ❖ Create a safe environment to talk and share experiences.
- ❖ Embed mental health and wellbeing into the club culture, for example can you find ways to encourage discussion surrounding players mental health in warm ups or cool downs?
"How are you? No really, how are you?"
- ❖ Ensure people are aware of services and help around them.
- ❖ Look into resources from your national governing body. If there's none contact them to ask why.



Signposting details:

We encourage you to share these details on your website and social media.

If you or someone within the club is in need of non-emergency guidance, these numbers, group and websites can be given to help. Also encourage them contact their GP.

If someone is at immediate risk of suicide or hurting themselves or others please call 999.

ANDYSMANCLUB

Eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They aim to achieve this through weekly, free-to-attend peer-to-peer support groups for men aged over 18. Meeting each Monday at 7pm except bank holidays in Galashiels: Gala RFC, Netherdale, Nether Road, Galashiels TD1 3HE

<https://www.facebook.com/andysmanclubgalashiels/>

Breathing Space

0800 83 85 87 (Mon–Thurs: 6 pm – 2 am, Fri: 6 pm–Mon 6 am)

A free, confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to. www.breathingspace.scot

NHS Borders Wellbeing point

Provides a webpage with links to Borders-wide Wellbeing Point resources and useful information.

<https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/mental-health-and-wellbeing/>

NHS 24 Mental Health Hub

Call 111 (24hrs/day) For those in need of urgent psychological or emotional support. The Mental Health Hub also have a direct referral Pathway to the Distress Brief Intervention (DBI) programme. DBI provides an 'ask once - get help fast' early intervention for people in distress/emotional pain and who do not need urgent medical or clinical treatment.

Samaritans

116 123 (24hrs/day) or email jo@samaritans.org Provides confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. Calls are free.

www.samaritans.org.uk

Jasmine Bunting
Headstrong Project Coordinator
Contact: JBunting@liveborders.org.uk



SHOUT

Crisis text line 85258 (24 hrs/day) Texts are free.

Survivors of Bereavement by Suicide

0300 111 5065 (Monday & Tuesday 9am—5pm). Contact the local coordinator on scottishborders@uksobs.org to find out more about local group support.

The Wellbeing Service

Supports people aged 18+ in the Scottish Borders with improving emotional wellbeing, stress, and low mood. This may include distress and worries linked to the cost of living crisis but is also for other mild to moderate common mental health problems.

How to get an appointment:

Fill in online form www.nhsborders.scot.nhs.uk/wellbeing

Contact the admin team on 01896 824502

Your GP practice can refer you

Jasmine Bunting
Headstrong Project Coordinator
Contact: JBunting@liveborders.org.uk



Local training contacts for mental health courses:

<https://www.nhsborders.scot.nhs.uk/media/933874/MHISP-Training-Catalogue.pdf>

For Scottish Mental Health first aid please contact: training@borderscarevoice.org.uk
for course dates and information.

For suicide intervention training ASSIST please contact: health.improvement@borders.scot.nhs.uk
for course dates and information.

Online/national training contacts:

Scottish Sport Futures wellbeing workshops for those aged 11-25. These workshops are designed to give young people a better understanding of how beneficial physical activity and sport can be for their Mental Health. Topics include:

What causes Stress?

Motivation and what is Anxiety?

Social Interactions & Pressure

If you are interested in booking a workshop, please get in touch with Shabaz.khan@ssf.org.uk.

UK Coaching

Offers online modules “Mental Health Awareness for Sport and Physical Activity+”. It gives knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more, aimed at coaches.

It is priced at £12.

<https://www.ukcoaching.org/courses/elearning-courses/mental-health-awareness-for-sport-plus>

Online resources/Apps

Balance is an app which promotes mindfulness and assembles a daily meditation suited to the individual. It helps the individual to learn how to breathe deeply to reduce anxiety and stress and create a sense of calm. It is currently offering a year's free subscription on the Apple App Store and on Google Play.

Breathing Space's PDF: little book of brighter days, gives ways to practice positivity.

https://breathingspace.scot/media/vkwhbzar/the-little-book-of-brighter-days_links.pdf

Headspace is a science-backed App in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It offers limited free materials and can be subscribed to for full access. Currently free to NHS staff by using your NHS email.

Headspace can be found on the App store or Google Play.

SAMH is Scotland's national mental health charity, its website holds many resources and guides surrounding mental health.

<https://www.samh.org.uk/about-mental-health>

Stay Alive App holds useful information and tools to help you stay safe in a crisis.

Can be found on the App store or Google Play

United to Prevent Suicide is a social movement of people from all across Scotland, we are united in a shared belief that each and every one of us has a role to play in preventing suicide. Everyone who joins the movement receives a suicide prevention pack loaded with information on how to talk about suicide, how to become a better listener and how to dispel the myths about suicide.

<https://unitedtopreventsuicide.org.uk/>