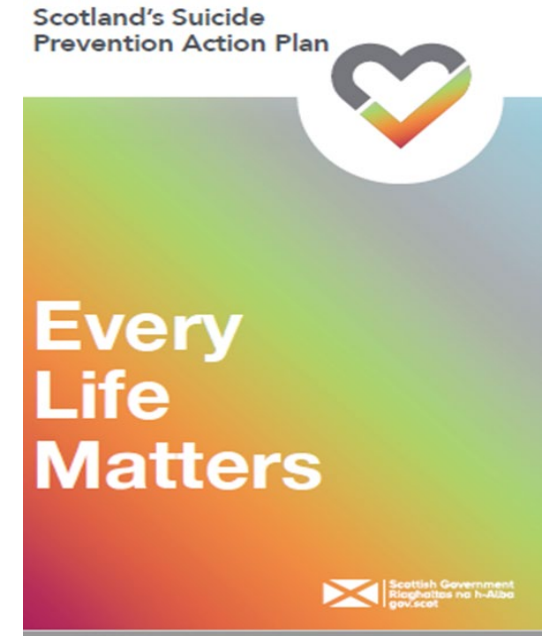


Welcome

“Every Life Matters” - Scotland’s Suicide Prevention Action Plan

Education and Training for the Workforce





Who we are



- NHS Education for Scotland (NES) is an education and training body and a special health board within NHS Scotland, with responsibility of developing and delivering education and training for the healthcare and wider workforce in Scotland.
- NHS Health Scotland (NHS HS) is a national Health Board working to reduce health inequalities and improve health.

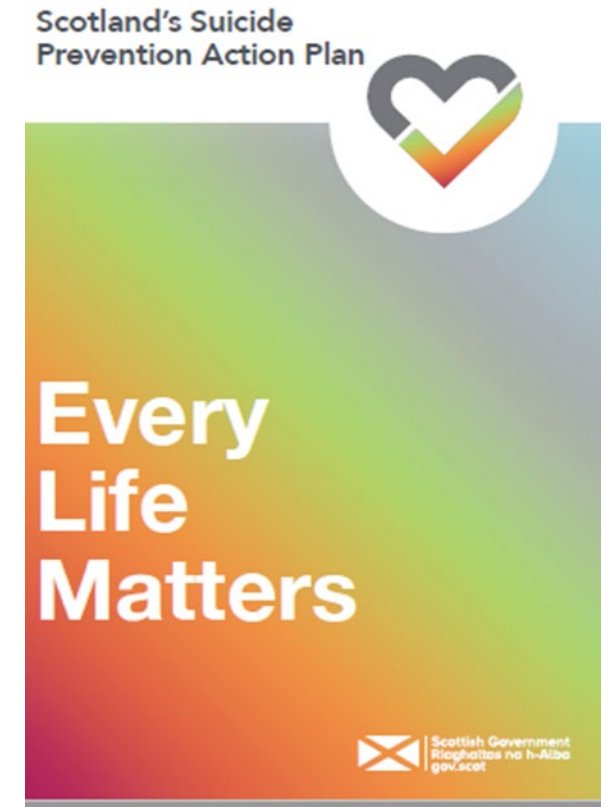
In this workshop we will:

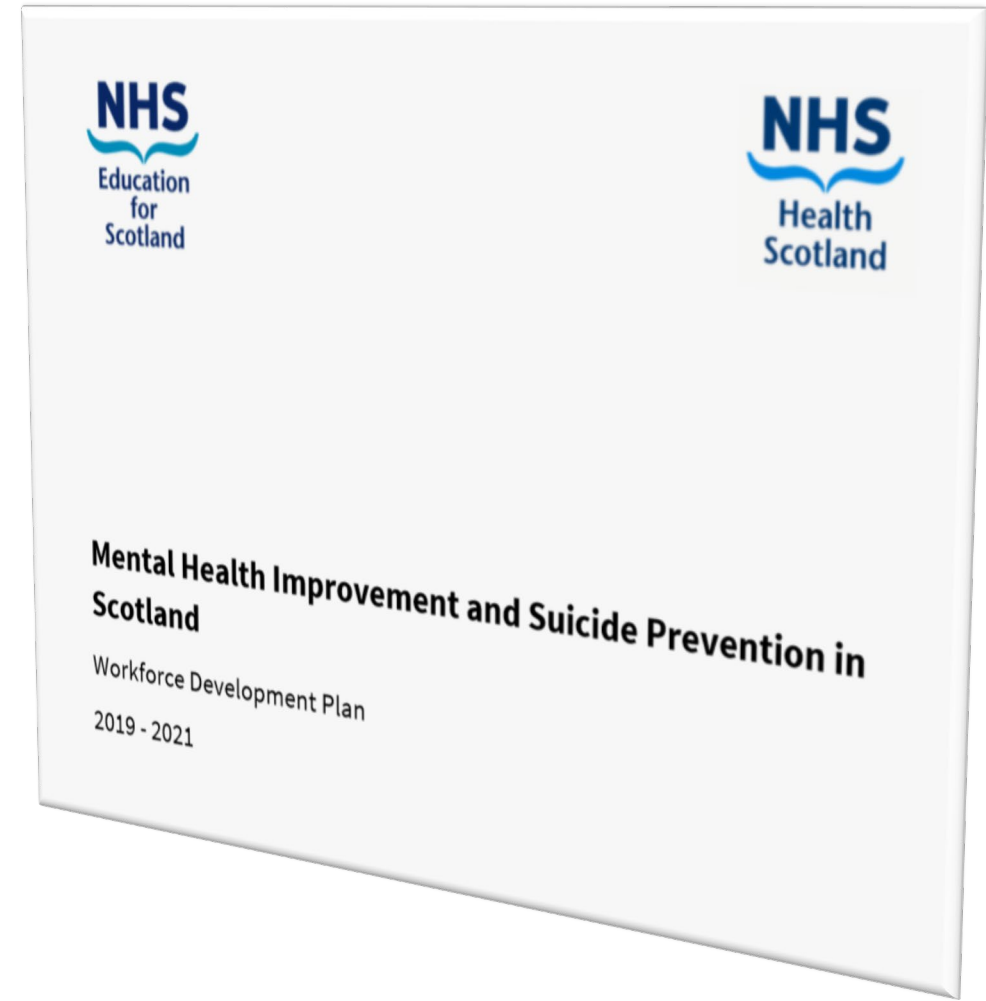
- Introduce you to new resources developed to support the workforce in mental health improvement and suicide prevention
- Provide an opportunity for you to try out our new learning materials
- Seek your views on important areas for development in mental health improvement and suicide prevention in your setting

Scotland's Suicide Prevention Action Plan "Every Life Matters" – Action 2

Commits to refreshing learning resources and materials on mental health improvement and prevention of self-harm and suicide prevention

Public mental health approach – addressing inequalities; wider staff & sector knowledge and skills.





Animation 1: Ask, Tell - Look After Your Mental Health

The animation explores what mental health is and that we all have mental health. Factors that can affect our mental health are explored, including how we can promote good mental health and respond compassionately to people who may be experiencing mental distress.

[Select the play button to view the animation.](#)

