

Dear Colleagues,

The week beginning Monday 9th September 2019 is Suicide Prevention Week and we're supporting Scotland to **#AskTellSaveALife**. Help us by promoting the materials produced by the Bereavement, Loss and Grief Team in your establishments with pupils, parents and staff members.

<https://blogs.glowscotland.org.uk/er/PsychologicalService/school-staff/support-with-bereavement-and-loss/>

We also want to get the message out there that **by asking someone how they are you could help to save a life**. The link below will take you to 3 new animations developed by NHS Health Scotland and NHS Education for Scotland (NES). They highlight the range of communication skills that should be used including listening, questioning and responding. They also provides information on how to get immediate help and support.

<http://www.healthscotland.scot/health-topics/suicide/suicide-prevention-training-courses-and-resources>

And finally get involved on social media with the help of the Suicide Prevention Week 2019 Digital Toolkit:

<http://www.healthscotland.scot/publications/suicide-prevention-week-2019-digital-toolkit>

Help us to make a difference.

Kind Regards,

The East Renfrewshire Bereavement, Loss and Grief Team

