

Health Promotion Service
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Dear Colleague

Suicide Prevention Week 5th – 13th September 2020

Suicide Prevention Week takes place this year from 5th – 13th of September incorporating World Suicide Prevention Day on 10th September.

Fife is again supporting National Suicide Prevention Week with its own local perspective by communicating a positive message of hope and encouraging people to reach out for support in times of distress and crisis.

Fife Health and Social Care Partnership Health Promotion Service have partnered up with Fife clubs (Dunfermline Athletic FC, Raith Rovers FC, East Fife FC, Cowdenbeath FC, Inverkeithing Hillfield Swifts, Kelty Hearts and Fife Flyers), well known sporting figures Caroline Weir and Jim Leishman and local support services (Andy's Man Club, Penumbra, SAMs Cafe, Samaritans and CARF) to encourage anyone who is struggling to ask for help and more importantly, know what support is available in Fife and how to access it.

Raising awareness of suicide prevention and giving the public information is vital. This year has been difficult for us all and during 2020 Suicide Prevention Week, Fife Health and Social Care Partnership are fully supporting the campaign through the promotion of the “#YoureNotOnYourOwn” video across local social media and Kingdom FM. Enclosed is the social media pack which contains details on how to view the video. We would be grateful if you could upload the campaign information to your social media platforms.

Please note: #YoureNotOnYourOwn video embargoed until 00:00 Saturday 5th September.

We have also developed a suite of new “Keeping Connected Resources” which can be accessed from <http://hpac.fife.scot.nhs.uk>

- Keeping Connected: this resource can be used by practitioners and distributed to members of the public. It contains a directory of services available in Fife which offer help and support on a range of issues
- Keeping Connected – Bereavement & Loss: this resource can be used by practitioners and distributed to members of the public. It contains details on useful websites and services who can support through bereavement
- Keeping Connected – Young People: this resource is designed specifically for practitioners and provides a directory of service available in Fife which offer help and support specifically for young people on a range of issues

Finally, the social media pack contains information on ‘United to Prevent Suicide’ which is Scotland’s new approach to suicide prevention. Please note this website does not go live until Thursday 10th September.

If you require additional information or resources please call our Health Promotion Information and Resources Centre on 01592-226494.

Thank you for your co-operation.

Yours sincerely



Ruth Bennett
Health Promotion Manager