

SUICIDE PREVENTION WEEK

**IT'S OKAY
TO TALK**

World Suicide Prevention Day is held each year on 10 September. This year's theme was about connecting with others and letting people know that #ITSOKAYTOTALK. For the first time in six years, the number of suicides has risen in Scotland. 728 people took their own lives in Scotland in 2016 including 43 people in Fife.

If you are feeling suicidal, the best thing is to talk. Speak to someone you can trust or call a helpline.

If you need help now, call 999. Don't try to cope alone.

Samaritans are available 24 hours a day. Call 116 123 or email: jo@samaritans.org

Breathing Space is a free and confidential phone line service for anyone in Scotland who is experiencing low mood or depression and needs someone to talk to. Call 0800 83 85 87.

[The Art of Conversation](#) is a guide to talking, listening and reducing stigma around suicide.

[It's Time to Talk About It](#) gives advice from The Mental Health Foundation including ten tips we can all take to thrive.



FINANCIAL HARM Action Fraud are reminding people to be alert for scams including:

Fake Council Tax rebates: Calls stating you are eligible for a general tax or council tax rebate, with an advance fee payment required to make the tax claim successful. A genuine company will never ask you for an advance payment to claim tax.

Fake Pension websites: which carry anti-scam messages to try to trick consumers into believing that they are legitimate businesses. For more information visit [The Pensions Regulator website](#).

Student Loan scam email: asking recipients to update their details using a web link to a fake website with the aim of getting personal details.

Action Fraud Top Tips:

- Don't assume anyone who has sent you an email is who they say they are.
- Real banks **never** email you for passwords or any other sensitive information by clicking on a link. A bank or building society will never call you to ask for personal details.
- Make sure your spam filter is on your emails. Mark suspicious email as spam and delete it.
- If in doubt, check it's genuine by asking the company itself. Never follow links provided in suspicious emails.
- Fraudulent emails often have poor-quality spelling, grammar or use odd 'spe11lings' or misplaced 'cApiTals' in the email subject. They may begin 'To our valued customer', or 'Dear...' because they do not know your name.
- Businesses and organisations don't use web-based addresses such as Gmail or Yahoo.

You can find information about types of harm, including financial harm on the [Adult Support & Protection webpage](#)



Action on Elder Abuse (AEA) Scotland would like to find out about older people's awareness of the support available for those affected by harm or abuse. Take 5 minutes to fill out their survey:

<https://www.surveymonkey.co.uk/r/YSW73FV>

The AEA Helpline is 080 8808 8141 (press 2 for Scotland) or e-mail: scotland@elderabuse.org.uk



[Three short powerful animated films](#) have been developed by the Royal College of Midwives to create awareness around the health and physiological consequences of female genital mutilation. They worked with FGM survivors to ensure the authenticity of the stories being told via the animations remained true to the realities of FGM and its psychological impact.

Further information is available at: www.fgmaware.org and from the [Honour Crimes](#) section of the Fife Violence Against Women Partnership webpage where you will find the [FGM practitioners' guide](#).



If you suspect someone - adult or child - may be a victim of Human Trafficking call 999 in an emergency. Otherwise contact:

- Police Scotland on 101
- Modern Slavery Helpline on 08000 121 700 (confidential)
- National Human Trafficking Unit by email on: SCDNationalHumanTraffickingUnit@Scotland.pnn.police.uk.

Support to adult victims of trafficking is provided by Migrant Help (0141 884 7900 (daytime) 0141 212 8553 (out of hours) and TARA (0141 276 7724 (anytime). TARA provides support to women trafficked for commercial sexual exploitation and Migrant Help provides support to all other adult victims. More information is available at: <https://www.modernslaveryhelpline.org/scotland>

SCOTTISH MENTAL HEALTH ARTS FESTIVAL

This year the Scottish Mental Health Arts Festival, is inviting you to Reclaim. Reclaim your identity. Reclaim your creativity. Reclaim your sense of community. Reclaim your mental health. They have a new look, a new website and a slightly new name! For more information and to see what events are taking place near you in October visit: <https://www.mhfestival.com/>

If you are interested in holding a 'Tea and Talk' event for World Mental Health Day on 10th October find information [here](#).



The Ecology Centre in Kinghorn has set up a new early onset dementia friendly Tool Shed session on Thursday afternoons from 1.30pm - 4pm, and they have three new places available.

For more information and to discuss whether this might be suitable for you call Lee on 01592 891567.