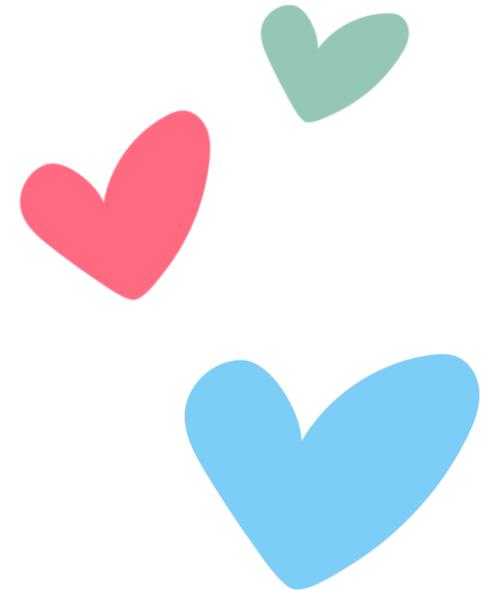




# Suicide Prevention Scotland.

Suicide Prevention Participation Network

Meeting 16 – 26 February 2026

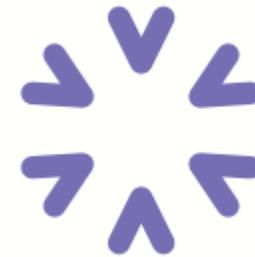


# Welcome

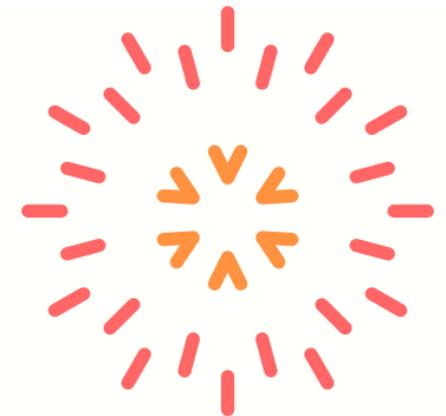
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Thank you for coming!



Some housekeeping



# Introductions and hellos

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- Chris Ross, Children in Scotland
- Parisa Shirazi, Children in Scotland
- Lynne Gilmour, University of Edinburgh

# Aims for today

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- Increased understanding of the work of the Suicide Prevention Youth Advisory Group and of the work of the Suicide Prevention Participation Network
- Opportunity for you to learn about Suicide Prevention Scotland's action and delivery plan
- Opportunity to network and form connections with others working in suicide prevention
- Hear about Phase 2 of the Suicide Prevention Scotland Campaign

# YAG and the Participation Network

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Children in Scotland and University of Edinburgh funded to work with young people with lived experience of suicidality or bereavement by suicide

Alongside this, we facilitate a participation network

This group is be key in supporting us to understand the needs of children and young people

About a shared space to discuss policy and practice.

# Parameters of this group



A space to share experiences as a practitioner **and** also those of young people that you work with



Sharing good practice



Identifying gaps between policy and practice



A **shared** space between practitioners and policy makers



We want this to be an open space where people feel comfortable

# Keeping ourselves safe and comfortable

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What do you need to 'park' to be present?

Let's 'flag' if we can



# Icebreaker

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# Creating Hope Together Action Plan (2026-2029)

- The action plan for the next three years has now been launched
- Both the Youth Advisory Group and the Suicide Prevention Participation Network have fed into this at different meetings – thank you for your input!
- Guiding principles and the 4 Outcomes will remain the same:
  - Creating a safer environment to prevent suicide
  - Understanding suicide and tackling stigma
  - Providing support to people affected by suicide
  - Collaboration in a way that draws on evidence and lived experience



# As will the vision and overall approach...

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Our vision is to reduce the number of suicide deaths in Scotland, whilst tackling the inequalities which contribute to suicide.

To achieve this, all sectors must come together in partnership, and we must support our communities so they become safe, compassionate, inclusive and free of stigma.

Our aim is for any child, young person or adult who has thoughts of taking their own life, or are affected by suicide to get the help they need and feel a sense of hope.

# Where are we now..

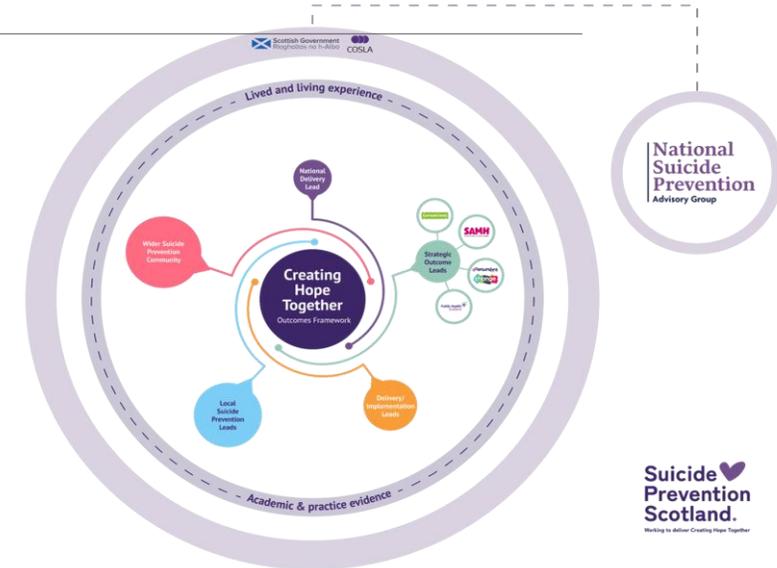
We have finished the delivery of the first three year action plan published September 2022 – work to implement began April 2023

Delivered by a multi-agency delivery collective

Annual delivery plans published

Annual reports published

We now have a new three year delivery plan



# Highlights from the last action plan



Joint ownership

Collaboration across outcome and delivery partners

Developing and growing Suicide Prevention Scotland network

Building stronger links between local and national work and across policy areas

Enhancing relationships with UK and ROI leads

Building in evaluation

All work co-developed

# The upcoming Action Plan for 26-29

 **The Scottish Government  
and COSLA's second **Creating  
Hope Together** action plan** →

**Suicide Prevention  
Scotland.**  
Working to End Suicide Together



# Strategic Outcome 01

## *Creating a safer environment to prevent suicide*

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Addressing the wider factors that impact on suicide risk

Creating safer environments that protect against suicide

Promote safe and responsible communication about suicide

## Strategic Outcome 02

# *Understanding suicide and tackling stigma*

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Strengthen suicide prevention awareness and understanding across Scotland's communities, which includes addressing suicide-related stigma

Develop and share information and advice for anyone affected by suicide

Improve access to learning and development on suicide prevention and suicide bereavement

## Strategic Outcome 03

### *Providing support to people affected by suicide*

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Create opportunities for everyone affected by suicide to receive safe, timely compassionate support

Support the development and delivery of tailored and targeted support to those most at risk of suicide

Peer support

## Strategic Outcome 04

*Collaboration in a way that draws on evidence and lived experience*

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Improve data on suicide deaths, attempts and contributory factors

Actionable evidence, experience, evaluation and horizon-scanning

# Actions to address youth suicide

Whilst children and young people should be considered across the action plan there are specific actions. These are:

1. Support those working with young people to have skills and confidence on suicide prevention

*For example- reviewing the current learning and identify opportunities for change, undertaking specific work on risk management to improve practice.*

2. Supporting young people to have skills and confidence on suicide prevention

*for example- through a CYP focused campaign and developing resources to be delivered to young people through schools and youth work settings.*



@SuicidePrevScot



suicidepreventionscotland.medium.com

# Actions to address youth suicide - continued

3. Supporting trusted adults, beyond the workforce, to have skills and confidence in suicide prevention

*For example – through the development of the Enabling Conversations toolkit and building the trusted adults webpage to include more advice and support.*

4. Understand the opportunity in supporting online safety in relation to reducing suicidal behaviour



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# Youth Advisory Group input

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- The group focused on the action and delivery plans across three sessions
- In October 2025, they focused in depth on the topics of online harm and digital safety for young people in the context of suicide prevention
- In November 2025, the group met with Hilary Third (Scottish Government) to share what they thought was important to include in the Action Plan and, in particular, the different communities who are reflected in the rates of suicides
- In January 2026, the group discussed their key areas of interest that they would like to work on from the delivery plan



# Youth Advisory Group areas of interest

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- Strengthening **understanding** and **supporting responses** in communities
- Improving access to **effective and compassionate support** – this was seen as something that Suicide Prevention Scotland and the Youth Advisory Group could work on together
- Strengthening **planning, evidence, data and collaboration**: the group related this to their discussions on how risk is categorised in young people who are in mental health crisis. They are keen to support this area as they believe that robust information is needed to plan effective responses and that lived experience should be at the centre of this
- **Supporting those working with young people to have skills and confidence in suicide prevention**: they are keen to work on this in relation to staff but have also highlighted the importance of young people having these skills and confidence as well!

# Youth Advisory Group areas of interest

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- **Community and peer-led access to support:** importance of skills building for everyone and ensuring that this is advertised to those in different roles (should be targeted and tailored). Ensuring prevention training is also within non mental health specific services (GPs, schools, community centres, libraries, housing etc)
- Further work on the **Enabling Conversations** work led by Jenny Ferguson
- Linking up with other groups to see what their priorities are, working with places that are working to meet people's other base needs (food, housing so forth - good to have trauma and suicide informed practices here)



# Youth Advisory Group areas of interest

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Detailed discussion of online safety:

- Members discussed how recent legislation has resulted in sources of support for particular communities of young people being blocked.

***“Space to be myself, if I didn’t have that space I wouldn’t be as far as I am today”***

- Spoke about risk of young people finding ways around current blocking mechanisms and adults and professionals being “left behind”
- Emphasis on both adults and young people being informed on how to be safe online



Any  
questions or  
reflections?

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# Break

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# Discussion questions

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1) Which of these areas would you prioritise?

2) What would you be interested in working on and why?

3) How could the Participation Network support delivery in these areas?



# New Suicide Prevention Scotland Campaign -

What if asking about suicide could save a life?

- ♥ Refreshed co-pro group –improved diversity
- ♥ Widest ever search for new ambassadors
- ♥ Use the foundations from previous phases
- ♥ Established our focus on ‘asking’
- ♥ Mapped out the three stages to asking
- ♥ Similar visual concept
- ♥ Real people's experiences
- ♥ Safeguarding always comes first



# The (free) toolkit returns

You can order a range of free digital resources. Electrify can also prepare some print ready assets (printing at your own cost).

Don't worry about rushing – this campaign keeps going!

**[SuicidePrevention.scot/ask/resources](https://SuicidePrevention.scot/ask/resources)**



**What if... asking about suicide could save a life?**

When **Lindsey** asked Jenna if she was thinking about **suicide**, she said yes. It was the first step to keeping her safe.

Learn how to ask at:  
**[SuicidePrevention.scot](https://SuicidePrevention.scot)**

**Suicide Prevention Scotland** | Your logo here

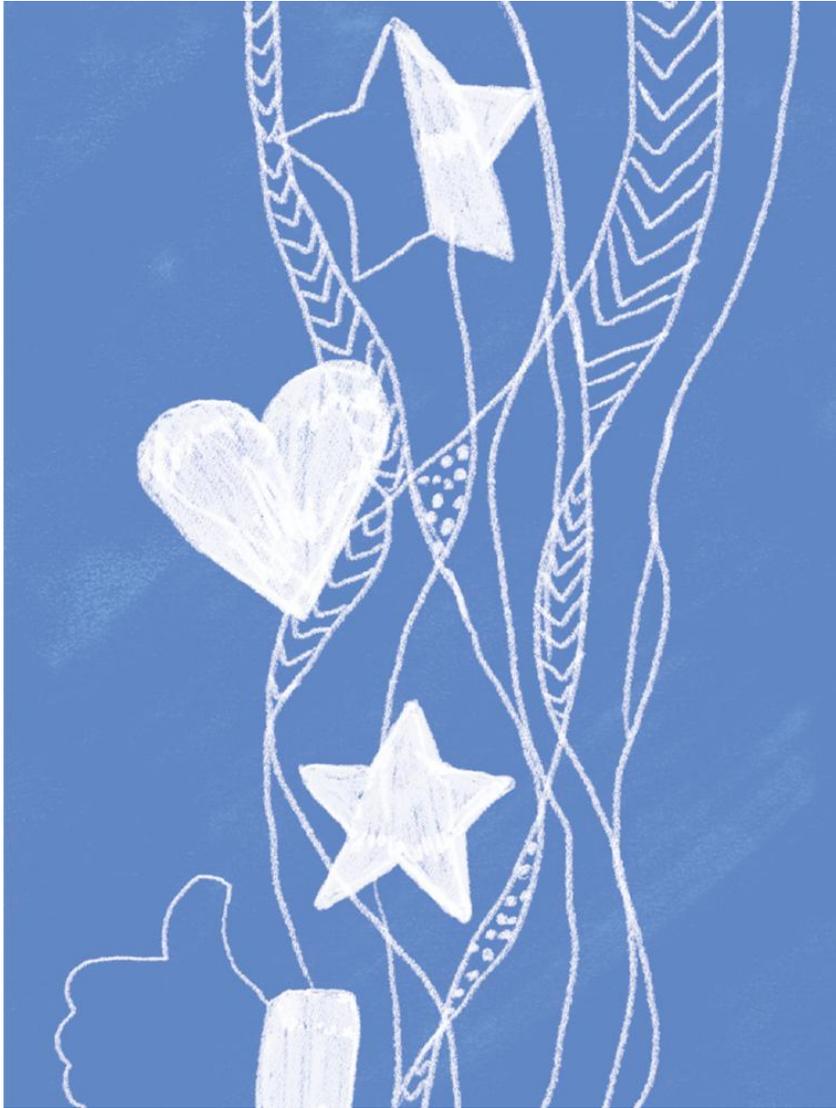
# Evaluation



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Please let us know what you thought of this meeting and importantly, anything you would like us to improve:

[Suicide Prevention Participation Network: meeting evaluation – Fill in form](#)



# Thank you and goodbye

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# Further information on the strategy and action plan



[Creating Hope Together Strategy](#)



[Creating Hope Together Action Plan 2026-29](#)



[At a glance guide](#)

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