

# Okay to Ask

## Suicide prevention workshop plan to accompany 'Okay to Ask' documentary film

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### Why deliver this workshop?

- An average of 2 people per day die by suicide in Scotland.
- Young people in Scotland are over twice as likely to kill themselves than those in England and Wales.
- Suicide is a leading cause of death among young people

Young people frequently turn to their peers when they experience emotional distress and young people are often the first to observe behavioural changes in their peers. There is considerable opportunity for suicide prevention by skilling and supporting young people to help themselves and each other. **Open and honest discussion about suicide is critical to preventing it.**

This resource aims to raise awareness of the issues of emotional distress and suicide for young people and reduce the culture of silence that surrounds these issues.

This ten minute film can be used without facilitation if resources do not permit however viewers should watch it to its conclusion in order to receive crucial information about sources of help.

### Intended audience

The film has been created for and with young people aged 16-19 years. It can be used as a stand alone resource or in conjunction with these notes for facilitated discussion in schools, youth work groups, further and higher education, community organisations and workplaces.

### Background

This project was developed by the North and East Glasgow Suicide Prevention Partnership and led by Positive Mental Attitudes (part of NHS Greater Glasgow and Clyde) with the following partners; NHS Health Scotland's Choose Life programme, Lifelink, Breathing Space, Glasgow East Arts Company and Diversity Films, with additional funding from Glasgow City Council.

### How to use

Many of us have experience relating to suicide and it can be a very sensitive topic to discuss. It is essential therefore that people are not compelled to take part in this workshop and that they are given ample opportunity to withdraw without explanation. Facilitators (teachers, youth workers etc) should also ensure that people do not share personal experiences in group situations which they may then later regret. It is sufficient to just say to participants at the start of the workshop that they should consider carefully the potential impact of sharing any personal experiences.

It is essential that everyone who takes part is aware that there are places they can go for support and the film itself contains sources of support. You should also be aware of resources where they exist locally e.g. do you have access to an ASIST (suicide prevention intervention) trained person, guidance teacher or counsellor?

You should ensure that no-one leaves the workshop feeling distressed. In order to do this you may wish to ensure that you or a nominated person are available after the workshop and in the days that follow it in order to listen to people and give out information about help resources.

### **Watch the film**

#### **Use the following questions to aid discussion**

- How did the film make you feel?
- What role do your friends play in supporting your wellbeing?
- If you or a friend were feeling suicidal, how would you get help for yourself or your friend?
- Are there other sources of help that you know of?
- What are the potential barriers to looking for help? What would help overcome these? What role can you play in doing this?

**Estimated time for workshop:** 50 minutes

### **Sources of advice and support**

#### **G.P.**

Family doctors can offer support and access to a range of help services

**Breathing Space** tel. 0800 83 85 87 [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

Open Monday to Thursday 6pm – 2am & Friday 6pm – Monday 6am

Breathing Space is a free and confidential phonenumber service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

**Samaritans** tel. 08457 90 90 90 [www.samaritans.org](http://www.samaritans.org)

Open 24 hours a day, 7 days a week

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

