

Ask Tell Workshop Series

Mental Health Improvement and the Prevention of Self-Harm and Suicide

These workshops cover mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal. They are designed to support learning at the Informed Level of Scotland's Knowledge and Skills Framework for Mental Health Improvement, Self Harm and Suicide Prevention. While each workshop can be attended on its own; it is recommended that all 3 are attended.



Workshop 1

- Ask, Tell – Look after your mental health
- Explores what mental health is and that we all have mental health. Factors that can affect mental health are shown, including how we can promote good mental health and respond compassionately to people who may be experiencing mental ill-health or distress.



Workshop 2

- Ask, Tell – How to have a healthy conversation
- Gives practical advice about how and when to have compassionate conversations with people who may be experiencing mental distress or feeling suicidal.. It also provides information on how to get immediate help and support



Workshop 3

- Ask, Tell - Save a life
- Explores the issue of suicide, including statistics and facts about suicide in Scotland. It helps learners understand the signs that people may be thinking about suicide, and how and when to provide immediate help and support

2021 Workshop Dates

Series	Day and time	Session 1	Session 2	Session 3
12	Thursday AM 10.00-11.00	7 th October	14 th Oct	21 st Oct
13	Tuesday AM 10.00-11.00	26 th October	2 nd Nov	9 th Nov
14	Wednesday PM 2.00-3.00	17 th Nov	24 th Nov	1 st Dec

The workshops will be delivered using MS Teams.

Please complete the online form here <https://nhsforthvalley.com/health-services/health-promotion/health-promotion-service-training/>

to register your interest (you only need to complete one application). Please note in the date section which series you are requesting to attend. You will be contacted by email to confirm your place and will receive the joining information by email. Places are limited per series