

Forth Valley Suicide Prevention Newsletter

May 2026

Hello and welcome to the third edition of the Forth Valley Suicide Prevention newsletter.

The aim of this newsletter is to keep people up to date with the suicide prevention work going on across Forth Valley, to promote events or training opportunities and to share any other relevant information.

Please feel free to share this newsletter with your networks.

If there is anything you would like to see included in future editions or you would like to make a contribution please contact us via email at:

fv.suicidepreventionnetwork@nhs.scot

If you have been forwarded this newsletter and would like to receive it directly, please click [here](#) and sign up.



A Spotlight on Support for Women

Inspiring Women Together – Stirling

Inspiring Women Together is a weekly, peer-led support group for women aged 18+, run by Inspiring Communities. The group runs on Tuesday evenings from 6.30 pm to 8.30 pm in Inspiring Communities Raploch campus space and provides a safe, welcoming space for women to connect, share experiences, and support one another through structured, facilitated conversation.

The group focuses on early intervention and prevention, helping to reduce social isolation and support mental wellbeing. It is a non-clinical, trauma-informed space and does not offer counselling or crisis support.

Inspiring Women Together is funded through the Community Mental Health and Wellbeing Fund, supporting local, accessible approaches to improving mental health and strengthening community connection. Women can attend without referral, and no booking is required.

Further information is available via the social media channel or by contacting:
email: iwt@inspiringcommunities.org.uk

Facebook: Inspiring Women Together (via Inspiring Communities SCIO)
<https://www.facebook.com/people/Inspiring-Women-Together/61580892399311/>

Women's Mental Health Support Group – Clackmannanshire

Neil's Hugs Foundation is pleased to offer a safe, welcoming space for women to talk, listen, and connect. This peer support group reminds women that they are not alone and provides a gentle, confidential environment where you can be yourself, free from pressure or judgement.

The group meets every Monday from 6.00 pm – 8.00 pm at Lime Tree House, Room 58.

For more information, please:
email: admin@neilshugsfoundation.com
or call 07446 717501



Blossoms – at Stenhousemuir Football Club



Blossoms is a peer-to-peer support group for women, created to provide a safe and welcoming space to connect, share experiences, and find strength together while navigating life's challenges.

The group meets at Stenhousemuir Football Club and reflects the club's strong commitment to promoting mental wellbeing within the local community. Blossoms mirrors the successful model of Andy's Man Club, aiming to build an equally impactful and supportive space for women through the Community Foundation.

When: Wednesday, 6.30 pm – 8.30 pm
Where: Ochilview Park

For more information, please contact: blossoms16@myyahoo.com

Gardening Support Group - Wimpy Park Alloa

Neil's Hugs Foundation has established a new Gardening Support Group at Wimpy Park, Alloa, offering a welcoming space for people to connect through gardening and shared support.

The group provides an opportunity to meet new people, learn gardening skills, and help maintain the reflection garden, while also supporting work in other areas of the park. Participants can enjoy the wellbeing benefits that gardening brings in a safe, supported environment, with time and space to talk, connect, and support one another.

The Gardening Support Group meets every Sunday from 12.00 pm – 2.00 pm.



Learn to Listen, Time to Talk

Our recent webinar, Learn to Listen, Time to Talk, attracted strong interest, with 46 registrations and 34 attendees joining on the day.

Unfortunately, due to unforeseen circumstances, Samaritans were unable to contribute as planned. We will look to reschedule their input as part of a future webinar. Colleagues from Breathing Space delivered a comprehensive and engaging session, focusing on NHS 24 and Breathing Space services, highlighting the wide range of support available.

Feedback was overwhelmingly positive in the evaluations received (13), with 77% of respondents rating the session as excellent and 23% as good. Participants particularly valued the increased awareness and understanding of available support services, with key takeaways centring on improved knowledge and confidence in signposting others.

“... One attendee shared: the vast amount of knowledge and services that Lisa-Jane delivered will be so helpful for us ... to support our young people and mentors”

“... One attendee shared: Great to get a clear idea of what you provide. Also impressed with the ongoing developments of the service.”

Importantly, attendees reported that the session would influence their practice, with many expressing greater confidence in promoting services and directing individuals to appropriate support:

“I feel more informed to signpost anyone I know who is struggling with their mental health.”

“I will visit the NHS 24 website to access resources and share this information with my community groups.”

Overall, the session was praised as engaging, well-paced, and informative, with valuable opportunities for discussion. While participants highlighted that input from Samaritans would have enhanced the experience, feedback remained highly positive.



Suicide Prevention Scotland - National Campaign

The What if campaign, launched in 2025 set out to be Scotland’s biggest ever conversation about suicide, it has grown across three phases, each building on the last. It started by encouraging people to talk more openly about suicide, then created space for deeper conversations through the What if podcast and now in phase three the focus is not only on having conversations about suicide, but giving people the confidence to ask someone they’re worried about it they are thinking about suicide. The message is simple. If you are worried about someone, asking them directly about suicide could save their life.

<https://www.suicideprevention.scot/>



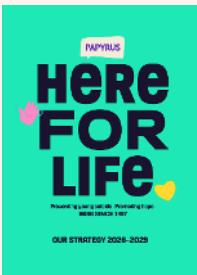
Watch our video to [hear](#) more about why Papyrus has rebranded. What’s changed...



We have a new [website](#) – rebuilt from the ground up - If you're a young person in distress, you shouldn't have to search for help. It should find you.



Our strapline – Here For Life – Captures everything we stand for. Committed to the work that keeps young people safe.



0300 102 2470
HopeLine24/7

We have a new number for HopeLine24/7 – 0300 102 2470. You can still text us on 88247 and email pat@papyrus-uk.org, and access our webchat service via our website. However, the service hasn't changed.



Our training has also been given a fresh look.

We will be out and about in communities, schools and businesses, as always, delivering our suicide prevention training sessions, raising awareness and helping everyone become more confident in talking about suicide.

New design. Enhanced messaging. Same outcome. We are here for life. Reach out if you would like to know more about our training and how we can support your organisation.

Gathering Hope Event

The third annual gathering hope event, organised by Suicide Prevention Scotland, took place on Thursday the 29th of January at The Barracks in Stirling. This event is aimed at people working in the third sector, grassroots, and charitable organisations, community-led projects, peer support groups and organisations supporting people at higher risk of suicide, as well as anyone working collaboratively to reduce suicide in their community.

Throughout the day there were sector-led presentations that showcased practice, lived experience-informed approaches, and innovative work happening across Scotland, as well as conversation cafes based on priorities identified by the third sector. This offered space for discussion, problem-solving, and identifying opportunities for action.

Delegates were able to connect and strengthen partnerships, while thinking about opportunities, challenges, and the importance of working collaboratively to create change. This built on learning from previous events, with a focus on practical action, and amplifying the voices of communities and people with lived and living experience.

The workshops were devised by the PHS SP implementation leads and delivery was supported by Forth Valley Public Health and the CEO of Neils Hugs Foundation and focused on multiagency collaboration in suicide prevention. The session encouraged around 60 participants to consider and discuss needs and challenges regarding collaborative work.

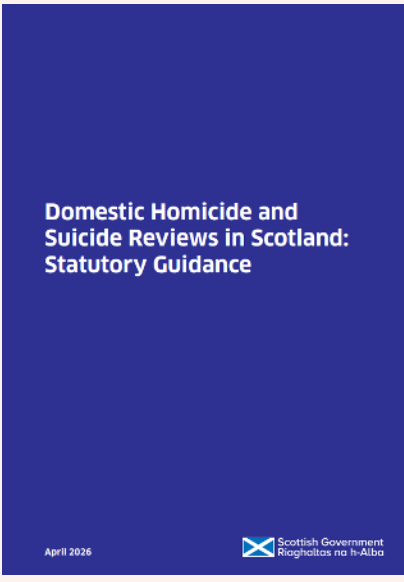
The main barriers identified were competition, limited time, power imbalances which favour statutory services over third sector partners, lack of trust, communication difficulties and organisational capacity. Participants emphasised the need for fairer funding, shared purpose and language, improved communication, trust building, early involvement for third sector organisations and supportive systems and structures.

Domestic Homicide and Suicide Review Guidance

Part 2 of the Criminal Justice Modernisation and Abusive Behaviour Reviews (Scotland) Act 2025 commenced on the 1st of April. This means that domestic homicide and domestic abuse related suicide reviews will now apply to deaths occurring from the 1st of April that meet the criteria for review.

A copy of the Domestic Homicide and Suicide Reviews in Scotland: Statutory Guidance can be found here:

[Domestic Homicide and Suicide Reviews in Scotland: Statutory Guidance - gov.scot](#)



Stirling University Suicide Prevention Event

Wellbeing Week took place at Stirling University in February. This year the focus was around social connection, movement and support, with a range of free events and activities happening across the week.

As part of this week a suicide awareness and prevention event took place. This event offered:

- A SafeTALK training session.
- Partner agencies were present in Campus Central for the afternoon (The Canmore Trust, Samaritans, Breathing Space, Suicide Prevention Scotland, Papyrus, Neils Hugs and Andy’s Man Club).
- Suicide awareness presentations and a Question and Answer session, with perspectives from the National Delivery Lead, Canmore Trust, Andy’s Man Club, Lived experience.
- Papyrus Hope Box sessions.
- Samaritans offering tea and a chat.



Creating Hope with Peer Support

The Scottish Recovery Network led a Creating Hope with Peer Support Workshop at Forth Valley college in March.

- The workshop facilitated discussions and activities designed to develop ideas, share experiences and strengthen existing knowledge around peer support.
- Explore with fellow participants how peer support can be meaningful and effective in suicide prevention
- An introduction to the Creating Hope with Peer Support Pathway.
- An increased understanding of the practice of peer support through shared language and intentionally sharing experiences.
- Time dedicated to developing self-care and support strategies.
- A space to reflect on the value in what you are doing as a Peer Supporter.

You can request your own Creating Hope with Peer Support resource [here](#) and find more Practice Guides on specific topics like Creating Safe Spaces and Navigating Discomfort in the Peer Relationship.



The Scottish Recovery Network have also recently launched their new 10 year strategic plan; Catalysts for Change, which can be found here:

[Catalysts for Change \(2026-2036\) - Scottish Recovery Network](#)

Training Opportunities



Local Training

Each Health Improvement Service provides a range of training for mental health and suicide prevention learning and development.

Click here to find out more:

[Health Improvement Service - Falkirk / Clacks and Stirling](#)



E-Learning

Via the TURAS platform, which is available to all at, can be found here: [Turas | My Turas | Home \(nhs.scot\)](#).

There are 4 Suicide Prevention modules, each of which aim to challenge myths and misunderstanding about suicide by bringing together people’s stories with the latest research evidence:

1. An overview of suicide
2. Psychological risk and protective factors
3. The IMV model
4. What works to prevent suicidal behaviour



Workshops. Links for past masterclasses relating to a range of topics are available here: [Masterclasses and Webinars | Turas | Learn](#)

Please feel free to share this newsletter with your networks.

If there is anything you would like to see included in future editions or you would like to make a contribution please contact us via email at:

fv.suicidepreventionnetwork@nhs.scot

If you have been forwarded this newsletter and would like to receive it directly, please click [here](#) and sign up.

[Click Here](#)