



# SUICIDE PREVENTION AWARENESS WEEK 7-13 SEPTEMBER 2025

We have events taking place across Moray during Suicide Prevention Awareness Week. This year's theme is "Changing the Narrative on Suicide". The aim is to move from the silence and stigma surrounding suicide towards openness, understanding and support through having open and honest conversations. Our events are FREE and open to everyone - individuals, communities and organisations, to help start conversations about mental health and suicide. Talking openly helps break down barriers, raise awareness and show support to those in need.

Day	Activity	Time	Place	Details
Mon 8 <sup>th</sup>	Advice and Support	10.00 to 12.00	Buckie Tesco	Come and meet Moray's Suicide Prevention Community Engagement Officer (SAMH) for a friendly chat and to find out more about support available.
Tue 9 <sup>th</sup>	Peer Support Drop In	12.15 to 13.45	Elgin UHI Moray College Hub Room	Drop-in for a chat and support with Moray Wellbeing Hub, learn about our North East Suicide Prevention App and Safe Planning.
Tue 9 <sup>th</sup>	Mental Health Awareness	18.00 to 21.00	Threaplands Lhanbryde	Join Green Ribbons for an evening of talks, workshops and open conversation about mental health in the welcoming setting of Threaplands Garden Centre. Book <a href="#">HERE</a>
Wed 10 <sup>th</sup>	Listening Skills Training	10.00 to 12.00	Online (zoom)	Explore listening skills with Moray Wellbeing Hub in a supportive, reflective environment. Find out more and book <a href="#">HERE</a>
Wed 10 <sup>th</sup> & Thu 11 <sup>th</sup>	Applied Suicide Intervention Skills Training	09.00 to 17.00	Elgin Winchester House	ASIST is a two-day interactive course that helps people learn how to recognise when someone may be at risk of suicide, offer support, use a proven intervention model, and connect them with community resources. Book <a href="#">HERE</a>
Thu 11 <sup>th</sup>	Walk of Hope	06.00 to 07.00	Findhorn Boat Yard	Join Moray Wellbeing Hub from dawn for a walk of companionship, compassion and awareness raising. No booking required. By <a href="#">registering for updates</a> , we can let you know of any changes, including those related to the weather.
Fri 12 <sup>th</sup>	Moray Partners Initiative	14:00 to 17:00	Elgin High Street	Come and say hello to us at the plain stones on Elgin High Street, where you will find a showcase of the range of support services available in Moray, amongst friendly faces who will be there to chat and to offer advice and information.
Sat 13 <sup>th</sup>	Walk of Hope	06.00 to 07.00	Fochabers Wellbeing Bench	Join Moray Wellbeing Hub from dawn for a walk of companionship, compassion and awareness raising. No booking required. By <a href="#">registering for updates</a> , we can let you know of any changes, including those related to the weather.





# SUICIDE PREVENTION AWARENESS WEEK 7-13 SEPTEMBER 2025

## Navigating the Suicide Prevention

### App & personal Safe Planning



**Tuesday 9<sup>th</sup> September**

**12.15-1.30pm**

NHS Hub room

UHI Moray College, Elgin.

**No need to book - just come along**  
Join us for a focused peer-support drop-in to get you using the Prevent Suicide app and making a personal Safe Plan.

Prevent  
Suicide



## Free Mental Health Awareness event

**Threaplands**

**Tuesday 9<sup>th</sup> September  
6-9pm**

Looking after your mental health matters but it can feel tricky to know where to start. Join our free, friendly evening at Threaplands Garden Centre, all about awareness, support, and open conversation.

**Booking Essential**



## Listening Skills

**10<sup>th</sup> September 2025  
10 am - 12 pm**



**WELLNESS  
COLLEGE**  
GYM FOR THE MIND



## ASIST

Applied Suicide Intervention Skills Training

**Wednesday 10<sup>th</sup> & Thursday 11<sup>th</sup>  
September 2025**

**Elgin**

**BOOKING ESSENTIAL**

## WALK OF HOPE

**JOIN US FROM DAWN TO HAVE  
HOPE DURING SUICIDE  
PREVENTION WEEK 2025 #SPA**



**All ages welcome**

This will be a walk to remember the people we have lost to suicide.  
A walk to support those living with suicidal thoughts and stand in solidarity with them.

A walk of companionship and consolidation, of compassion and awareness raising.

### Findhorn

**Thursday 6:00 am - 7:00 am**

**11th September 2025**

**Meet at Findhorn West Beach for 6:00 am**

### Fochabers

**Saturday 6:00 am - 7:00 am**

**13th September 2025**

**Meet at Fochabers Wellbeing Bench for 6:00 am**



**MORAY  
wellbeing  
HUB**

For more information and to register for this event and others in suicide prevention week, please scan the QR code or contact us: 07721526141 [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk)

# SUICIDE PREVENTION IN MORAY 2025

If you're  
having suicidal  
thoughts,  
talk to  
Samaritans.

Call free on  
**116 123**

**SAMARITANS**

A registered charity



Don't forget to be as  
gentle with yourself as  
you are with others

Textline 07786 207755  
Webchat [www.mikeyslines.co.uk](http://www.mikeyslines.co.uk)  
Messenger  
Whatsapp 01463 729000  
<https://www.mikeyslines.co.uk/appointments>

## Prevent Suicide



The 'Prevent Suicide' App:  
Download now on Apple, Android,  
Windows Phone & Kindle Fire devices

Supported by:



**SAMH**  
Scottish Action for Mental Health

## Supporting someone with suicidal thoughts

Talking with someone about their thoughts or feelings of suicide is helpful and will make it less likely they will go on to end their life. The best way to initially help someone who is feeling suicidal is to listen carefully to them and to show them kindness and compassion. You don't have to agree with them but try to understand how they feel. Many people just want to be heard. Suicide is much more about escaping the feeling of being trapped by mental pain than the actual ending of one's life.

### What you can do to help:

Work with the person to make a safety plan\* to use until their mood lifts or the thoughts of suicide pass. This should include:

- **Recognising the warning signs** – e.g. very negative thoughts, sleeping a lot, feeling trapped, hopeless, overwhelmed or numb, risky behaviours or self-neglect.
- **Identify coping strategies** – an activity they enjoy or can distract them e.g. a walk, a bath, video games, going for a drive, sport or exercise, watching TV, music.
- **Identify people or distracting social settings** – list places or people they can meet or get in touch with to provide a distraction. Avoid bars, pubs, nightclubs, casinos, or gambling shops.
- **Identify chosen family/friends** – make a list of people they can contact when they are feeling suicidal, people they can trust and feel safe talking to. Not anyone under the age of 18.
- **Identify professionals who can help** – e.g. GP surgery, crisis helplines, emergency services, NHS24 (useful numbers included below).
- **Make the environment safe** – e.g. securely lock medications away, remove or secure lengths of rope, cable, belts, dressing gown cords if necessary from the home and garden, prevent access to firearms.\*

\*R. O'Connor 2021, G Brown & B Stanley 2017

If you have serious concerns for someone's safety you must call 999 to alert the most appropriate service for the situation. You won't be in trouble for calling.

### Emergency Services (Police, Fire, Ambulance)

- 📞 999
- 📞 NHS 24 - 111
- 📞 Police Scotland non-emergency number – 101

### Breathing Space

- 📞 [www.breathingspace.scot](http://www.breathingspace.scot)
- 📞 0800 838587

### Samaritans

- 📧 [jo@samaritans.org](mailto:jo@samaritans.org)
- 📞 116 123 (Freephone)

### Papyrus – Prevention of Young Suicide

- 📞 [www.papyrus-uk.org](http://www.papyrus-uk.org)
- 📧 [admin@papyrus-uk.org](mailto:admin@papyrus-uk.org)
- 📧 [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- 📞 01925 572444
- 📞 0800 068 4141
- 📞 (Text – 07786209697)



# SUICIDE PREVENTION IN MORAY 2025

Support for people in Moray, including regular drop ins, peer support groups and outreach services:

Text us on: **07786 207755**  
or contact us via:      
Sun-Thurs 6pm to 10pm Fri-Sat 7pm to 7am  
**www.mikeysline.co.uk**  
Face to Face Support  
at our Hive in Elgin  
OFFICE 2 CALEDONIAN HOUSE BUSINESS CENTRE  
164 HIGH STREET, ELGIN, IV30 1BD  
FOR ADULTS AND YOUNG PEOPLE  
For an appointment:  
please email [enquiries@mikeysline.co.uk](mailto:enquiries@mikeysline.co.uk)  
or book online [www.mikeysline.co.uk/appointments](http://www.mikeysline.co.uk/appointments)



## MIKEYS LINE

Free, impartial, confidential and non-judgemental 1:1 peer support. Online and telephone support available daily, with in-person outreach in Elgin every Thursday from 2pm-7pm. Staff and volunteer support workers are there to listen, support, guide, advocate where needed, signpost where appropriate and use their knowledge and skills to support as best they can, including coping strategies for the future.

**BOOK APPOINTMENT**

**VISIT WEBSITE**



## JAMES SUPPORT GROUP

If you have been affected by a suicide or suffer with suicidal thoughts, please come along to James Support Group monthly meeting in Elgin Ex Servicemen's Club (9 High Street) from 6pm until 7.45pm on Thursday 11 September, Thursday 16 October and Thursday 13 November. This is a safe space & lived experience led.

**VISIT WEBSITE**

**EMAIL**

## MORAY MEN TALK

A growing peer-support group with over 940 members from 10 towns across Moray, meeting biweekly in Elgin and connecting daily through an interactive Facebook community. They run Drop-In Sessions, Walk & Talks, and activities like sea dips and bowling.



**VISIT WEBSITE**

**FACEBOOK**

## MIDLIFE MINGLE

Turning menopause from a whisper into a celebration! Our mingle is the perfect blend of lively chats, feel-good conversations, shared wisdom and genuine connections. Bring your stories, your questions, or just your lovely self. We've got comfy seats, warm smiles, and your choice of tea, coffee or cold drinks waiting for you.

Second Monday of the month, 6.30 - 8 pm, Lossie Community Hub  
Last Wednesday of the month, 6-7.30 pm, Café 1496, Forres.



**FACEBOOK EMAIL**



## WELLNESS COLLEGE

This Autumn, discover opportunities to develop your skills in peer support and knowledge in community-led research. Fully funded courses build confidence and connection using lived experience to strengthen wellbeing.

**EMAIL WEBSITE**

## CRUSE SCOTLAND

Bereavement support to adults and children, providing you with space to talk openly about your grief without fear or judgement. In person support is available in Elgin for adults, and online/phone support for both adults and children.

**EMAIL WEBSITE**



**Cruse Scotland**  
Bereavement Support

**Free Helpline: 0808 802 6161**

Mon - Fri 9am - 8pm, weekends 10am - 2pm

Do you have queries relating to any of the content you have read today?

Contact us: [protectingpeople@moray.gov.uk](mailto:protectingpeople@moray.gov.uk)