



## **Supporting Suicide Prevention Week (9-15 September 2019): raising awareness and 'Working Together to Prevent Suicide'**

On average two people die by suicide every day in Scotland.

That's two people who might be members of our family, our friends, our neighbours or our work colleagues. Suicide is tragic but we know it is preventable. We also know that one in three people who take their own life have had no contact with any specialist services before they die. We need to change that dramatically.

That's why NHS Health Scotland and NHS Education for Scotland worked together to develop the [Ask Tell Save a Life: Every Life Matters animation](#). This online resource aims to raise awareness of the issues that affect people and which can sometimes lead them to think about taking their own life. The animation is designed to increase the confidence of individuals to support anyone in distress, by directing them to the specialist help they need at that time.

With the help of you and your organisation – as well as a range of other partners – we hope to create a Scotland that is able to recognise suicide risk and take action. So thank you for accessing our digital toolkit, and for your work to promote awareness of suicide and its prevention during this week and beyond.

Together we can create a Scotland that responds compassionately and effectively to those in distress, whether within the home, the workplace or the wider community. Together we will ensure that every life matters.

Yours sincerely

**Shirley Windsor**  
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