**ASK
TELL
RESPOND**

Education for Suicide Prevention

Ask
It's ok to ask someone about their mental health and wellbeing

Tell
It's ok to tell someone how you're feeling or to share that you're worried about someone else

Respond
Get help for yourself or for someone else

How to talk about mental health

Short animations and eLearning to help you to feel more confident to talk about mental health and suicide

All our resources are freely available on Turas via the QR code

Everybody can sign up for a Turas account from the Turas home page. Turas | Sign up

Skilled Level Learning Byte 1
Promoting Mental Health and Tackling Inequalities

In partnership with Public Health Scotland

July 2020

We also have five short "Learning Bytes":

1. Promoting Mental Health and Tackling Inequalities

2. Supporting People in Distress and Crisis

3. Supporting People at Risk of Suicide

4. Supporting People at Risk of Self-Harm

5. Supporting Recovery and Quality of Life for People Living with Mental Ill Health

Public Health Scotland

[Suicide Prevention Learning Resources - Mental health and suicide prevention learning resources - Public mental health - Population health - Public Health Scotland](#)

Scotland's Mental Health First Aid

The Scottish Mental Health First Aid course will develop your mental health awareness. It teaches you a set of skills to help you offer appropriate support to someone experiencing mental health distress

[Scotland's Mental Health First Aid](#)

Applied Suicide Intervention Skills Training(ASIST)

ASIST is a suicide first aid training course, delivered in a 2-day practical workshop. It develops skills through supervised observation of simulated scenarios.

ASIST aims to enable helpers to become more willing, ready, and able to recognise and intervene to help someone at risk of suicide. A helper can be anyone in a position of trust.

safeTALK

safeTALK is a suicide alertness training course delivered over half a day. The session teaches you to recognise people who may have thoughts of suicide and how to connect them to appropriate help. safeTALK prepares participants to activate a suicide alert by following the TALK (Tell, Ask, Listen and KeepSafe) steps

Supporting a mentally healthy workplace: a guide for managers

A presentation for managers, team leads and people in similar roles. It will help you to:

•better support employees mental health

•encourage good practice in promoting positive mental health and wellbeing in the workplace

Find the course on the [TURAS website](#)