

## Angus Suicide Prevention Workstream Success Story

This template is designed to capture example stories that illustrate how the work you do can make the difference that you hope. Please use this template to share examples of work that you are proud of and that can inform good practice in the future.

### **What was the work undertaken? Why was this important?**

The Digital Lifelines project gives out devices and has list of criteria to apply for this. Funding was sought and delivered by Angus Alcohol and Drug Partnership. This area of work offers support to people to connect digitally by facilitating a digital learning journey and provides digital devices.

### **How did the people concerned engage with your work?**

Support worker applied for device for this person and was provided in form of a smartphone, giving access and as a result could use the phone independently to connect. The person experienced suicidal thoughts and had planned to end their life. The person remembered had this phone before carrying out plan. This enabled the person to contact their worker to seek support.

### **How did they feel about the process?**

The person supported feedback they felt they were able to take control of their own health, and a sense of confidence in having this device as a safety net.

### **Did they learn or gain anything through the process (this could be confidence, knowledge, skills or practical support). Did you learn and gain anything through the process?**

Confidence and knowledge to develop skills. As well as knowing where to go if this type of help is required in the future. Opens doors of where to go for help, rather than just the immediately support previously accessed, there are now many avenues of support to access.

### **What did they or you do differently as a result of your work together?**

Adding in more information such as ARE YOU OK? resources to others who are given the Digital Lifelines support in case a similar circumstance arises for another. Working together to improve this and continue in future. Understanding needs which might not be directly related to the digital support this project offers.

### **What difference did that make?**

This may have saved the individual's life. It is unknown what may have happened if this contact wasn't made available, but it was a suicide intervention was made possible due to having this Digital Lifeline device, and the training to use this. This was a high risk situation, which was reduced due to access to this project.

### **Are there any learning points for the future?**

Projects and work not specifically linked with the Suicide Prevention have a big impact in enabling people to access all kinds of support, including crisis support and suicide interventions. ARE YOU OK? resources can and have been added to these packs, and any additional helplines/updated contacts etc can be added to smart phones/tablets that can be included in the Contacts Book.