

Police Scotland issue advice on mental health and suicide prevention

Police Scotland have issued advice on mental health and suicide prevention ahead of World Mental Health Day on Saturday.

The force had provided details of partners including websites and telephone numbers.



A statement on their Facebook page reads: “We need to talk about mental health and suicide. You can’t know how someone’s feeling unless you ask. If they’re not doing ok, remind them that you’re there to talk.

“ Or you can tell them where they can get help, such as Childline, Samaritans, Samaritans Scotland, SAMH, Penumbra, NHS 24, NHS Lothian, Mind, www.edinburghthrive.com, www.breathingspace.scot.

If you’re feeling low or just need someone to talk to, call Breathing Space on 0800 83 85 87. Weekdays: Monday-Thursday

6pm to 2am Weekend: Friday 6pm-Monday 6am. Breathing Space is funded by the The Scottish Government's Mental Health Unit.

#WorldMentalHealthDay 10 October 2020.

Click here to watch '[An introduction to Breathing Space](#)' [short video](#)