

63028 Suicide Prevention Education

For the 2024/25 academic year, please provide:

Whether suicide prevention education is provided in each local authority secondary school. If possible, please provide a list of schools and confirm whether they deliver suicide prevention education.

All our schools follow [Curriculum for Excellence \(CfE\) experiences and outcomes](#) when planning their Personal and Social Education (PSE) curriculum. Health and Wellbeing is a core strand within the CfE. Page 13 outlines the focus for the core mental health and emotional wellbeing. This links directly to suicide prevention in terms of talking and seeking support for poor mental health.

The curricular approaches through the CfE focus on mental health and wellbeing and speaking to others when you are struggling. Speaking about suicide and seeking support is the focus of suicide prevention.

The term 'Suicide Prevention Training' is occasionally used to describe a mental health first aid type approach. These approaches focus on supporting someone else who is expressing suicidal thoughts. Currently, we do not mandate schools to deliver a mental health first aid approach specifically in relation to pupils supporting others expressing suicidal thoughts. Some schools may cover in PSE; however, each school plans its own PSE curriculum to ensure it suits its own context and the needs of the learners. We do not hold a central record of all school's PSE content.

There is an aim to engage all 23 City of Edinburgh Council secondary schools in a partnership with Scottish Action for Mental Health (SAMH) through the SAMH Wellbeing Champions programme. This aims to equip young people with knowledge, skills and confidence to support their own wellbeing, provide appropriate peer support and raise awareness of mental health and wellbeing support across schools and communities. SAMH will also be delivering staff workshops to build confidence and capacity in mental health and wellbeing promotion. There are currently 12 out of 23 secondary schools engaging with the programme.

Whether suicide prevention education is mandatory for all pupils, or delivered only in certain year groups, classes or circumstances.

As the described approach above is one of the core strands of the curriculum for excellence and integrated at an age and stage appropriate level across the whole curriculum, it is mandatory for all pupils.

As noted above, at secondary stage there will be additional focused teaching on mental health and suicide within PSE, but the method of delivery will vary between schools and may focus on particular year groups. PSE is a compulsory subject for all learners.

The number of pupils who received suicide prevention education during the 2024/25 academic year.

Suicide prevention is integrated across the curriculum through health and wellbeing. There is not a central register of specific programmes delivered in each school through PSE, nor a recommended mental health first aid delivery for pupils supporting others.

The number of teachers and/or school staff who completed suicide prevention training during the 2024/25 academic year.

During 2024/25, we signposted staff in schools and partner services to the [National Mental Health and Wellbeing training](#) which includes a module on 'Self Harm and Suicide Awareness'. We also signposted to [TURAs](#), the NHS learning platform. We do not hold central figures for the number of staff accessing self-directed professional learning through these platforms.