

Talking about
suicide is the best
way to prevent it
from happening.

Learn more at:
SuicidePrevention.scot

Suicide 
Prevention
Scotland.



Dundee Suicide Prevention Week 2025

How we created hope together in the city...

We launched a series of campaign films

featuring some of the people involved in
suicide prevention activities in Dundee



Suicide
Prevention
Scotland

Protecting
People
in Dundee

What if... a conversation
about **suicide** could save a life?

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Listen to Robin



Listen to Mark



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What if... a conversation
about **suicide** could save a life?

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Listen to Michael



Listen to Helen



Listen to Shannon

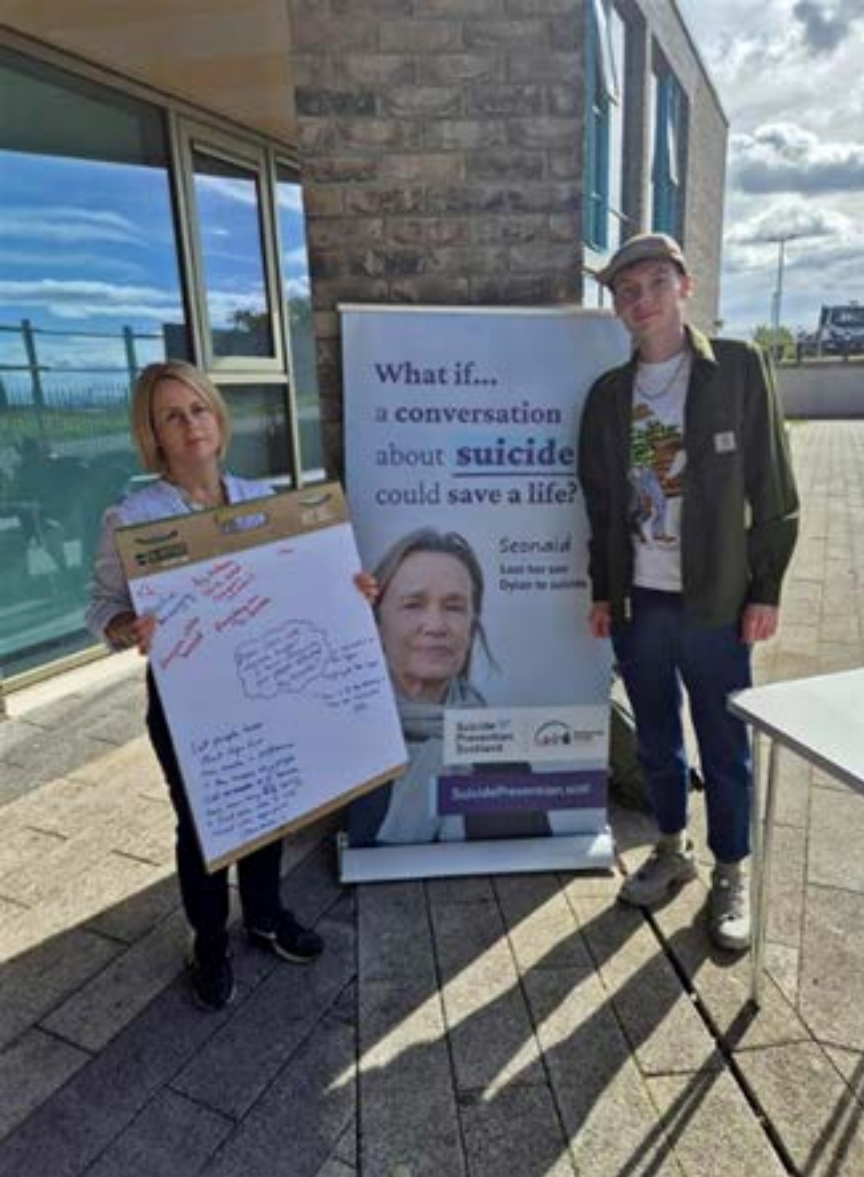
64,130 views

1,269 reactions

213 shares

We held public information stalls

to help raise awareness of supports and
reduce stigma



264 leaflets were given out

We delivered workshops

to support others to identify when someone
may be at risk of suicide and provide a
compassionate response

Including the first Time Space Compassion workshop in Dundee

Find out more about Time
Space Compassion here

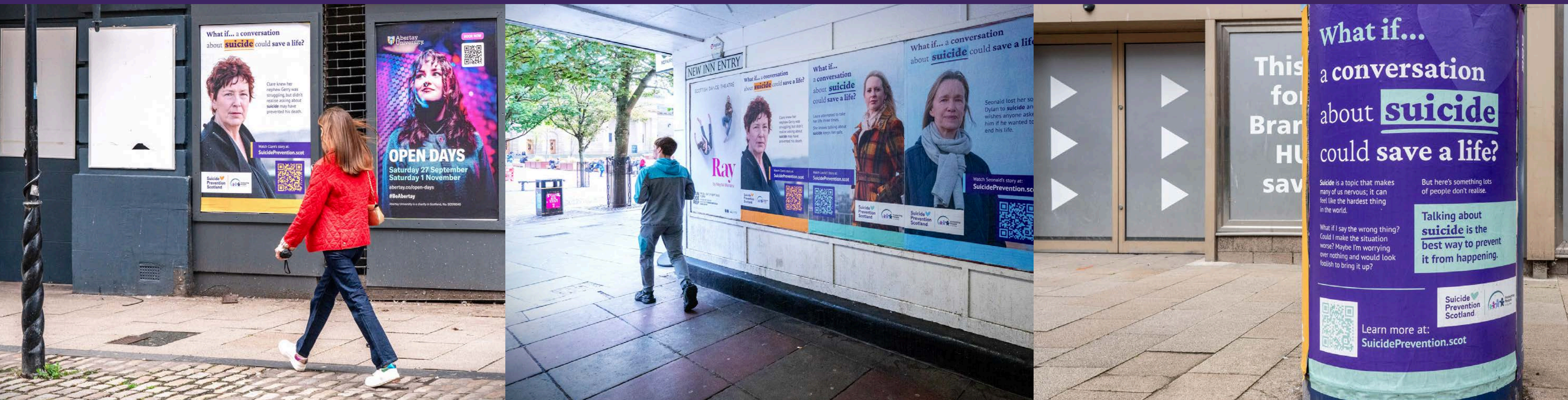


...and a suicide awareness session for volunteers



"Thank you so much for this workshop and for approaching this topic with such openness and clarity, helping remove the stigma."

We raised awareness with on-street campaign posters across the city



Supported by JACK ARTS, part of BUILDHOLLYWOOD Scotland

We supported the launch of 'Enabling Conversations'

A new resource for young
people to help them talk to
others about suicide



[Watch our video from the
launch here](#)

Finished the week with a flash mob in the city centre

*To encourage more people to have
conversations about suicide*

Watch it here

"It was great to see the collaboration that took place this Suicide Prevention Week: a reminder that we're stronger together.

When we come together, we create a more powerful message of hope for our communities.

There is plenty to build on as we continue these conversations throughout the year".

Thank you to everyone
who supported this year's
campaign

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