

Time Space Compassion: supporting people experiencing suicidal crisis – An introductory guide

What you can expect from this guide - This is the first in a series of guides and resources for individuals, communities and organisations who have contact with or work to support people experiencing suicidal crisis.

This guide and connected resources will help you use the principles of Time Space Compassion to shape what you do.

This guide is for anyone looking to find out more about Time Space Compassion and interested in how they can integrate it into what they do. It covers:

- an introduction to Time Space Compassion
- the guiding principles and practices
- the underpinning values and behaviours
- an overview of how Time Space Compassion could impact people's experience of support and how we will know it's working.

It includes descriptions, ideas for action and self-reflection prompts, to support individual, team and wider conversations about Time Space Compassion.

Additional guides will be developed to cover Strategy, designing and commissioning services for Time Space Compassion; Time Space Compassion in communities; Time Space Compassion in suicide

prevention and mental health services; and Time Space Compassion in public sector services.

Supporting resources and activities will be developed to cover:

- Stories of Time Space Compassion in practice
- A strengths based self-assessment guide for people and organisations
- Community spot light sessions, growing understanding of how dimensions of diversity and difference impact on people's experience and requirements of Time Space Compassion
- Practice Deep Dive sessions, exploring common themes and challenges

These guides and resources have been shaped by the Suicidal Crisis Support Action Group¹, to support delivery of Scotland's suicide prevention strategy. The topics, ideas, practices and approaches described come from work with a range of collaborators, including people with lived experience and a growing community of people, networks and organisations across Scotland. While there are strong foundations to Time Space Compassion, it is important to acknowledge there is more to do. This includes deepening our understanding of what this means for people and communities most impacted by suicide.

To create space for this and your views, we will continue to develop and review these materials on an ongoing basis. You can contact the team on TSC@gov.scot

¹ Membership brings together people from communities of lived experience, the NSPLG, COSLA, Public Health Scotland, established crisis support providers, Police Scotland, the Distress Brief Intervention Programme, and Scottish Government mental health policy.