

Lifelines Scotland

Who we are



A national project to support the wellbeing of the emergency service community in Scotland supported by the Scottish Government, the emergency services and the Fire Fighter's Charity.



A team of NHS clinicians and trainers with 100+ years collectively of working with emergency service staff, volunteers, and those in voluntary sector organisations.



Experts in the field of traumatic stress and its potential impact on emergency responders.



A partnership between the statutory, voluntary, charitable and staff bodies with an interest in the wellbeing of emergency service staff, volunteers and their families.



An NHS project linked with other national mental health, suicide prevention and trauma training initiatives.

The Lifelines 10 Essentials

#1

We all have mental health and responders are not invincible.

#2

Emergency responders are at risk of psychological injury. It's an occupational hazard.

#3

Health and safety assessments should include psychological risk.

#4

Getting psychologically injured doesn't mean you're weak or a failure.

#5

Psychological injury is not inevitable. Most responders, most of the time, will cope well.

#6

Psychological injuries can heal.

#7

Stigma stops people getting help.

#8

Workplace stress is as big a threat to wellbeing as trauma exposure.

#9

Good management and leadership protect responders.

#10

Support from colleagues, family and friends keeps responders well.

Our 10 Essentials are based on research and experience, as detailed on our website. Here, you can also watch our 10 essentials film spoken by a selection of Emergency Responders.



Find out information and support at www.lifelines.scot

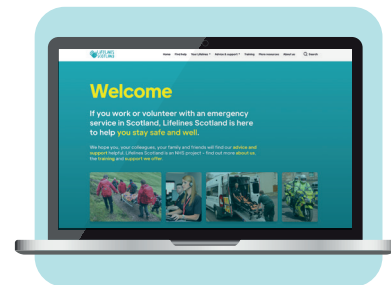


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Our Approach



- **To promote a national conversation** about the wellbeing of current and retired emergency service staff, volunteers, and their families.
- **A public health focus on prevention and early intervention** reaching the widest possible audience.
- **To recognise that psychological injury is a risk for emergency service staff and volunteers** so we can anticipate and mitigate its impact, challenge stigma and help people access support if they are injured.
- **To maximise the social support that already exists between colleagues** and within organisations by training as many people as possible to be a supportive colleague or manager.
- **To provide dedicated web resources** for emergency service staff and volunteers based on clinical experience and best practice. Our website complements the training packages and acts as a bridge to further sources of support, advice, and information from within the emergency service organisations and beyond.
- **To create resources for family and friends (and also employers with staff who volunteer as responders)** in recognition of the essential role they play in the emergency service community and the potential impact on their wellbeing.
- To work with organisations so that **an understanding of psychological wellbeing and resilience is integrated and mainstreamed within policies and procedures.**
- **To embed training in resilience, peer and post trauma support in the services' core curricula from recruitment to retirement and for those in leadership roles** creating bespoke materials and providing a train-the-trainer model.
- **To deliver multi-agency learning opportunities** to reinforce the mutual support and trust that exists across the emergency service community in Scotland.



Email lifelines@nhslothian.scot.nhs.uk
Phone 0131 451 7400
Website www.lifelines.scot
Twitter @LifelinesScot