



LITTLE

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SUICIDE PREVENTION LANARKSHIRE

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Welcome to Little Blue

A Community-Led Peer Support Service

After months of preparation, passion, and purpose, Little Blue officially opened its doors in February 2025.

While the service itself is new, it has been a long time in the making – born from lived experience, professional insight, and a shared desire to create a safe, inclusive, and compassionate space for those in need of support.





What We Do

Little Blue is a peer-led support service grounded in compassion, community, and care.

We currently run a women's peer support group for individuals aged 18 and over, with a core focus on mental wellness and suicide prevention.

We believe that suicide prevention is everyone's business, and our mission is to break stigma, offer hope, and foster connection. Our facilitators are not only professionally trained but also bring their own lived experiences, enabling them to connect authentically with those we support.

In addition to our regular group sessions at fixed venues, we also offer a flexible, remote outreach service – bringing peer support directly to workplaces, schools, and other community settings, delivering bespoke support where it's needed most.

We are also developing a group specifically for youth and young adults (aged 16–18) who are navigating their mental health journeys. This upcoming group will be age-appropriate, empowering, and inclusive – ensuring no young person feels alone.



What Is Peer Support?

Peer support is about real people supporting real people through shared experiences. It's about listening without judgment, validating each other's journeys, and creating a non-clinical, safe environment for emotional growth and healing. It's not therapy – it's connection, honesty, and mutual understanding.

Peer support is also evidence-based, with research consistently showing its effectiveness in improving wellbeing, reducing isolation, and supporting recovery. It is embedded in Scotland's Suicide Prevention Strategy and Delivery Plan, recognising the vital role that peer-led support plays in saving lives and strengthening communities.





Who Would Benefit?

Suicide prevention isn't just a crisis response — it's about putting protective measures in place to reduce risk and promote wellbeing. At Little Blue, we support anyone who may be navigating:

- Lived experience of suicidal thoughts or feelings
- Supporting friends or family affected by suicide or suicide loss
- Struggles with mental health conditions
- Experiences of self-harm (Self Injury & harmful behaviours)
- Living with neurodiversity
- Feeling isolated, overwhelmed, or emotionally stuck
- The effects of trauma, grief, or long-term stress Barriers in accessing traditional services or mental health care

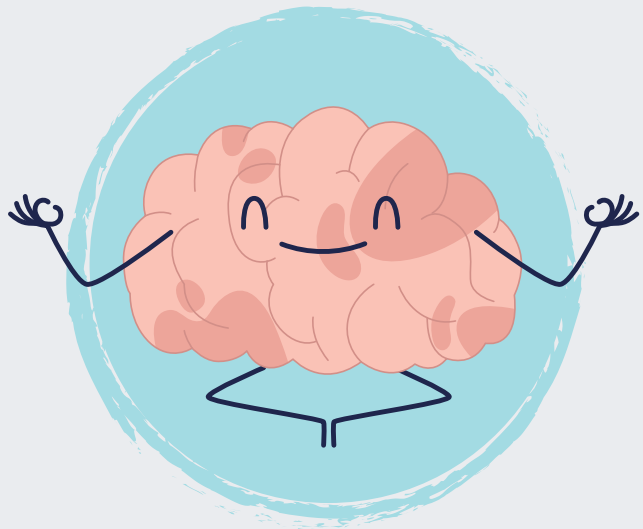
We understand that mental wellness is personal and complex. That's why our support is broad, inclusive, and led by the needs of the people we serve. Whether you're in a moment of difficulty or simply looking for a supportive community, Little Blue is here to walk alongside you.

What to Expect at Our Groups

Our sessions are welcoming, flexible, and shaped by the community we serve.

Here's what you can expect:

- Trained peer facilitators with lived experience
- A relaxed, non-judgemental atmosphere
- Light refreshments provided
- Group activities and coping strategy workshops
- Talking groups
- 1-to-1 support
- Access to complementary therapies like:
 - Reflexology
 - Reiki
 - Mindfulness



All of our services are fully funded – your mental health should never come at a cost.

Our Training & Approach

To best support the needs of our community, our team is trained and experienced in a wide range of specialist areas:

- Mental Health First Aid
- safeTALK (Suicide Alertness For Everyone)
- ASIST (Applied Suicide Intervention Skills Training)
- Trauma-Informed Practice
- What's the Harm (Understanding Self-Harm)
- Wave After Wave (Supporting Those Bereaved by Suicide)
- Suicide Prevention and Ligature Awareness

This training, combined with personal experience, allows us to create safe, supportive, and informed spaces for all who walk through our doors — or for those we visit through our outreach service.



Community-Centered and Flexible

We are proud to be community-led – which means we adapt our services based on the needs and feedback of those who attend.

We also work in partnership with a wide range of organisations to offer additional support, signposting, and resources as part of our wraparound approach



Meet the Founders

Yvonne and Carla co-founded Little Blue in February 2025. Together, they bring decades of experience in both public health and holistic wellness:

Yvonne – With extensive experience in the NHS, now leads on suicide prevention initiatives and delivers specialist training across public, private, and voluntary sectors. Drawing on a diverse background in public health—brings a unique and compassionate approach to mental health. Deeply committed to fostering collaboration between statutory services and the voluntary sector to improve outcomes and accessibility for all.

Carla also an NHS employee in practice development, qualified in integrated healthcare and a trained practitioner in a holistic, healing-centered approach, incorporating mind-body therapies and wellness practices that support emotional balance and resilience.

Their combined strengths create a grounded, compassionate, and community-rooted foundation for Little Blue.



Where We Are

We are proud to serve the Lanarkshire community through:

- **Fixed venue drop-ins** – welcoming spaces where you can connect and feel at home
- **Remote & on-location delivery** – we can bring Little Blue to workplaces, schools, and community groups, tailoring support to the people and places that need it most

Whether you're looking for connection, a place to talk, or simply a soft place to land – Little Blue is here for you.

Crisis Support Contacts

If you or someone you know is in immediate distress,
please reach out to these 24/7 support services:

Samaritans

Call 116 123 or use the online chat at [samaritans.org](https://www.samaritans.org)

Breathing Space

Call 0800 83 85 87

NHS 24 Mental Health Hub

Dial 111

PAPYRUS HOPELINE247

Call 0800 068 4141 or text 88247

The website **[suicideprevention.scot](https://www.suicideprevention.scot)** acts as a directory
to help you find suicide prevention support and services
available in your area.

You are not alone — there is always help available.

Little Blue: Community. Connection. Hope.



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www.Littlebluesuicideprevention.com