

Distress Brief Intervention

A better response by services across the NHS, emergency services, social services and the third sector to people in distress is seen as a key component in supporting people at risk of non-fatal self-harm, and of future suicide prevention.

In July 2016, the Scottish Government announced the host organisation and four partner organisations to develop pilot work to test the Distress Brief Intervention (DBI) – a time-limited, supportive and problem-solving contact with an individual in distress. North and South Lanarkshire Health and Social Care Partnerships are hosting the DBI central team and participating as one of four partnership test sites running local pilots, along with Penumbra in Aberdeen, Support in Mind in Inverness, and NHS Borders Joint Mental Health Service. Development work on the pilots has been taking place since late summer 2016 and DBI training has been in the process of development by the University of Glasgow. The pilot will run until March 2021 and will be evaluated independently.