



Thank you to everyone who came along to our recent workshop on 11<sup>th</sup> December 2025. This followed on from the National Learning System webinar on the topic of Care, Recovery and Suicide Prevention: Supporting Families and Carers and Social Relationships . At the workshop participants shared what they are currently doing in their areas and discussed what could be done to promote good carer involvement.

## Key highlights



### Key Message



‘How do you engage with carers when you do not have patient consent?’

‘You can always listen even if you cannot speak or share information’

### Key Discussion Points



There is a need to shape support/services based on the types of substances being used and tailor carer involvement accordingly.



The more information, from more people, the better an assessment can be.



### Who was in the room?

We had **5 participants** representing NHS GGC, NHS Dundee, NHS Lanarkshire and NHS Forth Valley .

#### Roles Included:

- Nurse Team Lead
- General Practitioner
- Charge Nurse
- Clinical Department Manager

### Further Activity



- Plan to pick-up recovery cafes and ensure carers and families are welcomed
- Applying MAT standards to all substances is a key focus

Got a case or theme you'd like to bring next time? Let us know!  
[his.transformationalchangementalhealth@nhs.scot](mailto:his.transformationalchangementalhealth@nhs.scot)

Join our Peer Network:  
<https://tinyurl.com/mpt3hnh6>