



Derbyshire Mental Health Network Newsletter

Mental Health | Suicide Prevention | Neurodiversity
@DCCMHSP



Hello and Welcome

Welcome to the **September 2024** edition of your Derbyshire Mental Health Network Newsletter from **Derbyshire County Council Public Health's Mental Health and Suicide Prevention Team**.

Included in the Newsletter are details of training, events, resources, campaigns and other mental health, suicide prevention and neurodiversity news of interest to support cross-sector workforce development.



World Suicide Prevention Day 2024

World Suicide Prevention Day (WSPD) is on **10th September 2024**.

This year's theme is **'Change the narrative'** #StartTheConversation.

To support WSPD 2024 we have put together a **toolkit of resources** you can use and share within your organisation, workplace and community. The toolkit includes social media posts, posters and other useful bits from local and national partners.

It can be found in our Suicide Prevention Toolkit which is updated all year round: <https://bit.ly/DerbyshireSPToolkit>

If you like, you can tag us in your social media posts or reshare the posts from @DCCMHSP.

Buxton Suicide Prevention Celebration Day

7th September 2024 - 10am to 3pm at the Pavilion Gardens in Buxton. SK17 6JR.

A day to celebrate and raise awareness of the organisations and people who support suicide prevention.

We will be joined by over 35 different stalls, with arts and crafts and activities that people can get involved in. There will also be a range of emergency services vehicles to look at.

Throughout the day we will be joined by amazing musical artists performing on the bandstand. We look forward to seeing you there. 😊

More information: <https://fb.me/e/4H4SnUdXE>





Enhance your skills and knowledge

We have an ambition for everyone to complete the 20 minutes, Zero Suicide Alliance e-learning. www.bit.ly/ZSASPTTraining

We also have a range of training available to help you learn more and to increase your skills around mental health and suicide prevention. For more information, visit www.derbyshire.gov.uk/mentalhealthtraining

Supporting someone with poor mental health?

We've put together an easy to use, practical guide to help you. It can be found within our mental health toolkit, visit www.bit.ly/DerbyshireMHToolKit

Returning to school, college and university

For some, the end of the summer holiday and a return to seeing friends each day can't come soon enough. But for others, just the thought of returning to the classroom, moving to a new city or leaving home for the first time can be daunting.

Everyone's experience is different.



Whether you're starting in a new form, school, college or university, there can be a lot of stress around this time.

From worrying about making friends to choosing the subjects, we all have our own issues and anxieties.

A reminder that there is support to get through this from YoungMinds, Papyrus and the Derbyshire Mental Health Support line as well as school, college and universities support offers. Additional support can be found by vising the <https://derbyandderbyshireemotionalhealthandwellbeing.uk/child-young-person/emotional-wellbeing-support>



Sexual Health Week 9th - 15th September

This years theme is “Are you feeling it?” – Exploring the links between mental health and sexual health.

To support Sexual Health Week 2024, The [Integrated Sexual Health Service](#) and Mental Health teams in Public Health have put together some social media posts that your organisation can use to promote accessing support to have good mental and sexual health. Access the posts in the folder **Mental Health and Sexual Health** in the Mental Health toolkit here: <https://bit.ly/DerbyshireMHToolKit>

Let's Chat Derbyshire Podcast

Listen or watch our Let's Chat Derbyshire Podcast. We speak to people from across Derby and Derbyshire on topics covering mental health, suicide prevention and neurodiversity.

Search @DCCMHSP wherever you get your podcast Youtube or visit www.linktr.ee/dccmhsp.



Derby and Derbyshire Emotional Health and Wellbeing Website

Visit the Derby and Derbyshire Emotional Health and Wellbeing Website for information on a range of support services, free digital and physical resources, campaign information, training and more.

ddehwb.uk

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