

## World Suicide Prevention Day (WSPD)

10<sup>th</sup> September 2024

This year's theme is 'Change the narrative'

A promotional banner for World Suicide Prevention Day (WSPD) 2024. The background is blue. On the left, there are colorful speech bubbles and a yellow megaphone. The text 'change The Narrative' is written in a white, slanted font across the top. In the top right corner, there is a logo for 'Mental Health and Suicide Prevention Public Health Derbyshire' featuring a colorful umbrella. A light blue speech bubble on the right contains the text '# StartAConversation' in purple, followed by 'This World Suicide Prevention Day 10th September 2024'. Below this, a yellow button contains the text 'Scan the QR Code or search Let's Chat Derbyshire for more information'. A QR code is positioned to the left of this button. At the bottom, there is a row of social media icons: Facebook, Instagram, X, YouTube, Spotify, and Amazon Music, followed by the text '@DCCMHSP'.

Mental Health and Suicide Prevention  
Public Health Derbyshire

**# StartAConversation**  
This World Suicide Prevention Day  
10th September 2024

Scan the QR Code or search Let's Chat Derbyshire for more information

f i X @DCCMHSP

## Toolkit

An announcement for the World Suicide Prevention Day Toolkit 2024. The background is blue. In the top right corner, there is a logo for 'Mental Health and Suicide Prevention Public Health Derbyshire' featuring a colorful umbrella. A yellow speech bubble on the left contains the text 'World Suicide Prevention Day Toolkit 2024 is now LIVE'. Below this, a light blue speech bubble contains the text 'A range of resources can be used and shared by visiting: www.bit.ly/DerbyshireSPToolkit'. At the bottom left, there is a yellow megaphone and the text 'change The Narrative' in a white, slanted font. At the bottom right, there are three hashtags: '#WSPD24', '#Startaconversation', and '#Letschatderbyshire'.

Mental Health and Suicide Prevention  
Public Health Derbyshire

World Suicide Prevention Day Toolkit 2024 is now LIVE

A range of resources can be used and shared by visiting:  
[www.bit.ly/DerbyshireSPToolkit](http://www.bit.ly/DerbyshireSPToolkit)

change The Narrative

#WSPD24  
#Startaconversation  
#Letschatderbyshire

To support WSPD 2024 Derbyshire County Council's Mental Health and Suicide Prevention (DCCMHSP) team 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.

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

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

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### Podcast



On 3<sup>rd</sup> and 17th September, DCCMHSP are releasing two podcast episodes dedicated to talking about the prevention of suicide. The first is with Ryan where he talks about his attempts on his life, and suicidal thoughts and how he overcame them. In the second podcast Claire talks about the loss of her partner from suicide and her own struggles with PTSD and anxiety. These episodes and past episodes can be found by searching Let's Chat Derbyshire on your chosen podcast platform or visiting [www.linktr.ee/dccmhsp](http://www.linktr.ee/dccmhsp)

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## Buxton Suicide Prevention Celebration Event



10am – 3pm 7<sup>th</sup> September 2024 at the Pavilion Gardens in Buxton.

A day to celebrate and raise awareness of the organisations and people who support suicide prevention. DCCMHSP 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 there will be amazing musical artists performing on the bandstand.

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### WSPD Football Match Engagement: Do you want to help?

Across August, September and October DCCMHSP are linking with local football clubs and visiting a match at each to engage with fans, have conversations and hand out information leaflets. DCCMHSP will be visiting:

- Belper Town FC. 24th August. 3pm kick off
- Alfreton Town FC. 31st August. 3pm kick off
- Derby County FC. 14th September. 3pm kick off
- Chesterfield FC. Sat 21st September. 12.30pm kick off
- Sheffield FC. 28th September. 3pm kick off
- Long Eaton United FC. 5th October. 3pm kick off

There are still a few places left. You will be fully briefed and supported about what to do, then have free access to the respective match.

If you would like to help, please sign-up at <https://forms.office.com/e/91zwqB2y8C>

If you would like to support at Ilkeston, please email [luke.oldham@derbyshire.gov.uk](mailto:luke.oldham@derbyshire.gov.uk)

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**A guide to support someone who has poor mental health**

To help you in supporting someone whose mental health may be poor DCCMHSP have pulled together a useful guide to help. The guide is ideal for workplaces and organisations. The guide can be found within the Suicide Prevention Toolkit <https://bit.ly/DerbyshireSPToolkit>

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**Enhance your skills and knowledge on suicide prevention**

DCCMHSP have an ambition for everyone to complete the Zero Suicide Alliance e-learning. This only takes 20 minutes and can provide you with crucial information to help others. Visit [www.bit.ly/ZSASPTtraining](http://www.bit.ly/ZSASPTtraining)

Derbyshire County Council also have a range of training available to help you learn more and to increase your skills around mental health and suicide prevention. Visit [www.derbyshire.gov.uk/mentalhealthtraining](http://www.derbyshire.gov.uk/mentalhealthtraining)