



To support local communities, the Mental Health and Suicide Prevention Team offer free resources for mental health and suicide prevention. These resources can be ordered and delivered to a location of your choice to support community venues, organisations, groups and more.

To see what resources can be ordered, check out the order form: <https://dccmhsp.com/ResourceOrderForm>

Additionally, they offer digital resources in addition, and these can be found here:

- <https://dccmhsp.com/MHtoolkit> (Mental Health)
- <https://dccmhsp.com/SPtoolkit> (Suicide Prevention)
- <https://dccmhsp.com/NDtoolkit> (Neurodiversity)

Please let the Mental Health and Suicide Prevention Team know if there are any resources you would like to add, design, or change. The resources designed have been coproduced, and the Team want to keep them updated and as useful as possible to communities, so feedback and suggestions are always welcome.

Let's Chat Derbyshire Podcast
Mental Health | Suicide Prevention | Neurodiversity

Episode 23. Part 2
Let's Chat my story of suicidal thoughts, self-harm and more with Ryan.

Mental Health and Suicide Prevention
Public Health Derbyshire

f i X @DCCMHSP y s p

In support of World Suicide Prevention Day 2024, which was 10th September, the Mental Health and Suicide Prevention Team released two episodes of their Let's Chat Derbyshire Podcast, where they talk about Suicidal thoughts, self-harm and more.

To listen to Parts 1 and 2,

Visit: <https://open.spotify.com/episode/12ZvO9ojL9N5OVBIJqTHdc?si=eca2a4b19cdc41aa>

You can also search Let's Chat Derbyshire on your choice of podcast platforms.