

# newsletter

September 2024, 2nd issue

Hello everyone! We are back with another **Community Mental Health Support Map Derbyshire** newsletter issue.

Last month, along with the first issue of the newsletter, we sent out a survey asking about your experience with the map tool. Here are a few things we wanted to address:

## \* THANK YOU!

As a first thing we want to say is a big thank you! We received some very kind words and lovely feedback and we can see that the project is making an impact. We truly appreciate it, thank you.

## \* new ideas

Thank you also for bringing new ideas and suggestions for improving the map. Some of the suggestions were looking into the North of Derbyshire and also creating a form for submitting requests for new listings or details for already existing listings. You can now find a link in the information box at the very top of the page that will let you submit information for any new listings or update already existing ones.

The screenshot shows the top navigation bar of the website, which is red with white text. It includes a hamburger menu icon, the text "Community Mental Health...", a search icon, and a vertical ellipsis icon. Below the navigation bar is a white information box with a red border. The box contains the following text: "The Map aims to bring all aspects of mental health and well-being support in one place." followed by a star icon. Below this is the text "FOR ADDING ANY NEW LISTINGS, PLEASE SEE THE FOLLOWING FORM:" followed by a blue hyperlink: "https://forms.office.com/Pages/ResponsePage.aspx?id=iR\_os99cKkyLRPE3d3X16mCRI7Bv4wNNIII". Below this is the text "FOR UPDATING ALREADY CREATED LISTINGS, PLEASE SEE THE FOLLOWING FORM:" followed by another blue hyperlink: "https://forms.office.com/Pages/ResponsePage.aspx?id=iR\_os99cKkyLRPE3d3X16mCRI7Bv4wNNIII". At the bottom of the box is the text "To offer general updates, edits, and user testimonials, please email Mark at" followed by two blue email addresses: "Mark.Hudson@rethink.org" and "Zuzana.Kloudova@rethink.org".

# 10th of September - World Suicide Prevention Day

Each year the International Association for Suicide Prevention (IASP) marks the **10th of September** as **World Suicide Prevention Day**. This is an opportunity for communities to come together to raise awareness of suicide prevention, tackle the stigma that prevents people from seeking help when in distress, and support and signpost people in need to sources of support.

This year's theme is 'Change the Narrative' and #StartAConversation.

You can find a layer on the map that is dedicated to **SUICIDE, CRISIS, OUT OF HOUR SUPPORT, and 24/7 HELPLINES**.

**SUICIDE, CRISIS, OUT OF HOUR SUPPORT...**

- WHAT TO DO DURING CRISIS MENTAL HEA...
- What to do if feeling suicidal
- Support someone who is feeling suicidal
- Stay safe from suicidal thoughts
- WHEN TO SEE YOUR GP
- WHEN TO CALL 999 - NHS
- Crisis Resolution and Home Treatment Tea...
- SUICIDE AWARENESS TEAM BULLETIN 2024
- Suicide Awareness & Prevention Team
- World Suicide Prevention Day
- Lets Chat Derbyshire

**OUT OF HOUR SERVICES:**

- (Chesterfield) Safe Haven
- (Buxton) High Peak Crisis Support Drop-In S...
- (Derby) Safe Haven
- (Ripley) Crisis Support Drop-In Service
- (Swadlincote) Crisis Support Drop-In Service
- 24/7 Childline
- 24/7 Samaritans Helpline
- 24/7 Derbyshire Mental Health and Support ...
- 24/7 Papyrus HOPELINE
- 24/7 UK Shout
- CALM Help Line

## Suicide Awareness & Prevention Team Derbyshire

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

## Let's Chat Derbyshire

On the 3rd and 17th of September, Let's Chat Derbyshire is releasing two podcast episodes dedicated to talking about the prevention of suicide. These episodes and past episodes can be found by searching Let's Chat Derbyshire on your chosen podcast platform or by visiting [www.linktr.ee/dccmhsp](http://www.linktr.ee/dccmhsp)

## Buxton Suicide Prevention Celebration Event

on the 7th of September 2024 at 10am - 3pm at the Pavilion Gardens in Buxton.

Come and join in celebrating and raising awareness of suicide prevention. Over 35 stalls with different activities to get involved in. There will also be a range of emergency services vehicles to look at. The whole day will be accompanied by amazing musical artists performing on the bandstand.



The Mental Health and Suicide Prevention Team has put together a toolkit of resources that can be used and shared 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>

**“Just call 111,  
press 2.”**

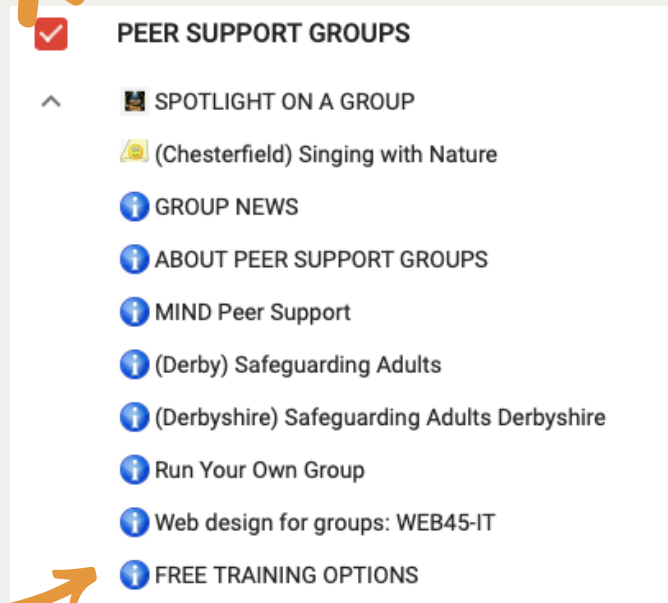
**The NHS has launched a new crisis helpline on 111, giving you another way to get urgent help if you're struggling with your mental health. It's a step in the right direction, but it's only part of the solution.**

A new help line for mental health and crisis support has been launched by NHS.

Call 111, press 2.



## PEER SUPPORT GROUPS



In the **PEER SUPPORT GROUPS** layer, you can now access **free training courses**. As of right now, we are promoting a different variety of training options. Please see the listing description as well as the flyers for more information

In the same layer, we also put together a little bit more information about **group funding options** based on different areas in Derbyshire.



## NEW GROUPS:

### Singing with Nature:

Launching on the 15th of September at the Tapton Lock Visitors Centre (Chesterfield) at 2 pm.

### SCARS

A group that was launched in June to support women who experienced sexual assault.



## HISTORICAL GROUP:

### Opening Doors Anxiety Peer Support Group:

Every 1st and 3rd Monday of the month from 11 am to 1 pm at the Cornerstone Cafe in Chesterfield.

## keeping in touch:

Please do not hesitate to contact us for any information, questions or possible listings for the map at the following email addresses:

[mark.hudson@rethink.org](mailto:mark.hudson@rethink.org) or [zuzana.kloudova@rethink.org](mailto:zuzana.kloudova@rethink.org)