

**FEBRUARY
2026**

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

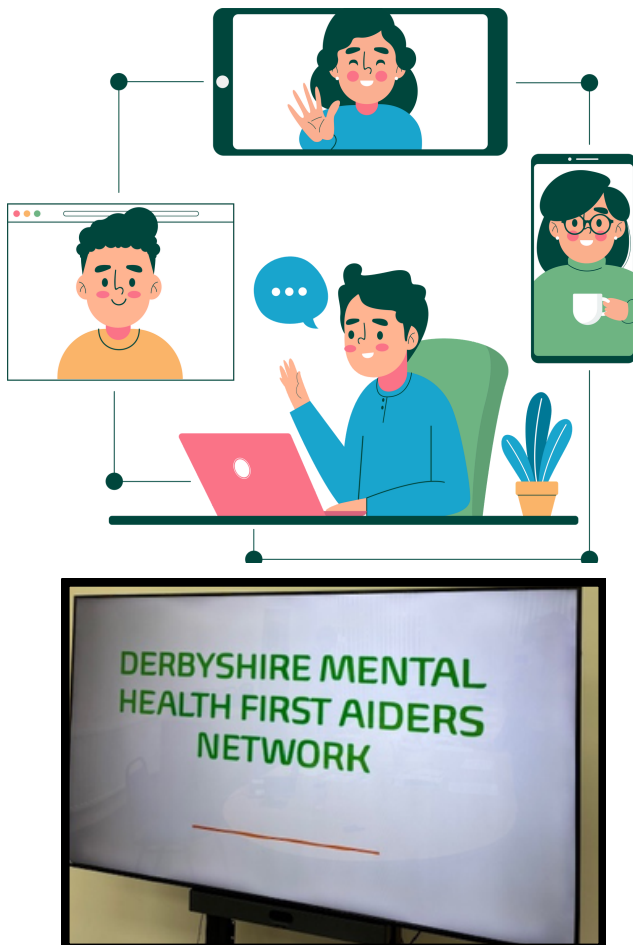


Written by: **Isabelle Grainger**

We're excited to bring you the latest updates, insights, and opportunities from the Derbyshire Mental Health & Suicide Prevention Project (MHSP), hosted at Erewash Voluntary Action (EVA) and Derbyshire Mental Health First Aiders Network. In this edition, we'll share highlights of our recent activities, showcase inspiring stories from our community, and provide valuable resources to support Derbyshire's mental health & well-being.

As always, our mission is to strengthen the mental health sector, empower communities, raise awareness & foster collaboration, and we're grateful to have you as part of this journey! Whether you're here to learn, share, or connect, we hope you find something meaningful in this issue.

If you have anything you'd like sharing in the newsletter, from success stories, hints and tips or any resources you've found helpful, please contact: isabelle@erewashcvs.org.uk



Derbyshire Mental Health First Aider Network: Starting 2026 Together: Reflections from Our February Listening Lounge

We were pleased to host our first online Listening Lounge of 2026 on Thursday 12th February, marking a positive and reflective start to the year. The session offered a thoughtful balance of grounding, shared learning, and open discussion, including reflections on the year ahead and a focus on Children's Mental Health Week. It was valuable to connect with everyone who attended and to create a safe, supportive space for conversation and reflection 🗨️. We would like to extend a sincere thank you to Mel from Compass Changing Lives and Nikki Hall for guest speaking during the session and for sharing their insight, time, and expertise.

Free tickets for our May Listening Lounge are now available [HERE](#), or scanning the QR code below, and we warmly welcome colleagues and partners to join us as we continue these important conversations 🌱.

MENTAL HEALTH FIRST AIDERS NETWORK

THE NETWORK IS A PEER GROUP FOR ANYONE IN DERBYSHIRE OR DERBY CITY WHO HAS COMPLETED MHFA ENGLAND ADULT OR YOUTH TRAINING AND USES THEIR SKILLS THROUGH WORK OR VOLUNTEERING.

WE'RE EXCITED TO HOST A BRAND-NEW SERIES OF ONLINE LISTENING LOUNGES FOR 2026, RUNNING FROM 10-11AM ON THE FOLLOWING DATES:



TUESDAY 12TH MAY



DROP IN, AND BE PART OF A SUPPORTIVE SPACE WHERE VOICES ARE HEARD AND WELLBEING COMES FIRST. WE CAN'T WAIT TO WELCOME YOU!



THE NETWORK INCLUDES:

- ✓ COLLABORATIVE PEER SUPPORT & COLLECTIVE LEARNING
- ✓ ENHANCED ACCESS TO RESOURCES
- ✓ MEANINGFUL NETWORKING OPPORTUNITIES
- ✓ HOLISTIC SELF-CARE GUIDANCE & WELLBEING PROMPTS
- ✓ ADVOCACY & INFLUENCE



TO JOIN THE NETWORK, EMAIL MHFA@EREWASHCVS.ORG.UK WITH YOUR CONTACT DETAILS AND A COPY OF YOUR MHFA CERTIFICATE



**FEBRUARY
2026**

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Its been a another busy month for the MHSP Project as we have continued connecting with organisations across the County.

Parkside High: 18/02/2026

We dropped into Parkside High in Ilkeston to share project resources and connect with coaches and volunteers about the support available through the MHSP Project. It was really encouraging to see how engaged everyone was in the conversation around mental health and suicide prevention. It's especially positive that several of their coaches have already completed mental health training – having that awareness and confidence within their coaching team makes a real difference in creating a safe, supportive environment for young people.



DMHF Countywide Market Stall Event: 23/02/2026

We were proud to support the DMHF Countywide Market Stall Event, helping to share practical resources, promote local support services, and encourage open conversations around mental health and suicide prevention. The event provided a valuable opportunity to engage directly with members of the community, answer questions, and signpost individuals to appropriate support and training opportunities.

As one attendee shared, *"Some great organisations are here! Very friendly people, thank you."* It was encouraging to see so many partners and residents coming together to prioritise wellbeing across the county – and it was great to see so many of you there!



NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Etwall Leisure Centre Information Stall: 25/02/2026

We visited Etwall Leisure Centre and had meaningful conversations with staff and participants about mental health, highlighting the importance of staying connected and looking out for one another within the community. The stall provided an opportunity to share local resources, offer practical advice on starting supportive conversations, and raise awareness of suicide prevention initiatives available across the county.



It was positive to see that Etwall already has a mental health action plan in place and has enrolled in mental health training taking place in March, further strengthening their commitment to creating a safe, supportive environment for both staff and members.



Support Through Sport: 26/02/2026

Support Through Sport is a grassroots charity that uses the power of sport to create opportunities and support for young people aged roughly 8–18 across Nottinghamshire and Derbyshire. They combine sport-based activities with youth work and mentoring to provide spaces where young people can access additional support when needed.

The project attended a session with Support Through Sport at the Friendship Hub in Long Eaton, where we had the opportunity to connect with young people and coaches in an fast-paced environment. Spending time within this setting also highlighted the importance of adapting our approach to fit naturally within established sports provision. It provided helpful learning around how best to integrate mental health awareness in a way that feels relevant, accessible and aligned with the ethos of the session.



**FEBRUARY
2026**

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE



PREVENTION PROJECT

Written by: **Isabelle Grainger**

Willow Path: Creating Brighter Futures Through Compassionate Care

The project has been supporting Willow Path by working together to develop a tailored action plan to strengthen their approach to mental health and wellbeing. We have also provided signposting to Mental Health First Aider training to help build confidence and capacity within their team.

Founded in 2025, Willow Path is an innovative children's home provider established by a team of experienced professionals united by a shared vision: to deliver exceptional care, stability, and opportunity to young people who need it most. From the outset, Willow Path has been driven by a simple but powerful belief that *'every young person deserves to feel safe, valued, and empowered to achieve their full potential'*. Willow Path is hoping to be an Ofsted registered provider in the coming months specialising in children with a primary need of SEMH (social, emotional & mental health) needs.

It places emotional wellbeing at the centre of its work, providing tailored, therapeutic support that reflects each young person's individual experiences, strengths, and needs. Through safe and nurturing environments, consistent relationships, and holistic support that builds resilience and independence, they create opportunities for children to heal, grow in confidence, and develop essential life skills for the future.

A Multidisciplinary Team

Willow Path have devised a robust and in-depth training programme to bring the staff team together and share extensive experience across:

- Mental health services
- Education and learning support
- Social care and safeguarding
- Therapeutic practice

This integrated approach ensures young people receive consistent, nurturing support from professionals who understand both their emotional needs and developmental goals.

Looking Ahead: Expanding Support in 2026

In 2026, Willow Path plans to open two dual-bed homes specifically designed for young people with Social, Emotional, and Mental Health (SEMH) needs. This expansion represents a significant step forward in increasing specialist residential provision across the region and will be supported by a major recruitment drive. Individuals interested in making a meaningful difference in young people's lives are encouraged to get in touch, particularly those based in the Chesterfield and Derby areas.

More Than Care: A Pathway to Hope

Willow Path describes itself as more than a care provider. Its mission is to offer a pathway to hope, stability, and opportunity to helping vulnerable young people but also for the staff team that work within Willow Path. For the young; to help move forward with confidence, resilience, and a sense of belonging. As demand for high-quality residential support continues to grow, organisations like Willow Path demonstrate how compassionate, therapeutic care can transform lives and strengthen communities. Contact: agorman@willowpath.co.uk for further information!

FEBRUARY
2026

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Upcoming Awareness Days:

- *Self-Harm Awareness Day* (01/03/26): Raising awareness, reducing stigma, and encouraging understanding and support.
- *International Women's Day* (08/03/26): Celebrating the achievements of women and advancing equality.
- *My Whole Self Day* (10/03/26): Promoting inclusion and encouraging people to bring their whole selves to work.
- *Young Carers Action Day* (11/03/26): Recognising young carers and raising awareness of their experiences.
- *Neurodiversity Celebration Week* (17-23/03/26): Celebrating neurodiversity and promoting understanding and inclusion.
- *International Day of Happiness* (20/03/26): Highlighting the importance of wellbeing, connection, and positivity.
- *National Mental Health at Work Day* (26/03/26): Encouraging open conversations about mental health at work.



Please take note: Migration of content from the Derby and Derbyshire Emotional Health and Wellbeing website. 1 April 2026 the Derby and Derbyshire Emotional Health and Wellbeing Website will no longer be updated. While it will remain accessible for a while after that date, information currently on it will be hosted elsewhere.

Action: If you have any links to the Derby and Derbyshire Emotional Health and Wellbeing website on your own website, in presentations or in any resources, please remove or update these before the end of March 2026. If you have any questions, please email ddicb.communications@nhs.net

Signposting & Services

- Free Mental Health Helpline and Support Service - Available to everyone living in Derbyshire, both young people and adults. Open 24 hours a day, 7 days a week. Ring: 0800 028 0077 / [Click here](#)
- Hub of Hope - The UK's Largest Mental Health Support Directory: [Click here](#)
- Derby & Derbyshire Mental Health & Wellbeing Map is a free, interactive map created and facilitated by the Derbyshire Recovery and Peer Support Service (DRPSS): [Click here](#)
- Derbyshire Mental Health Resources Webpage: [Click here](#)
- Sign-up to receive the (free) Derbyshire Mental Health Network Newsletter: [Click here](#)

Social Media



- **Facebook:** [Click here](#)
- **LinkedIn :** [Click here](#)
- **Instagram:** [Click here](#)