

MARCH
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

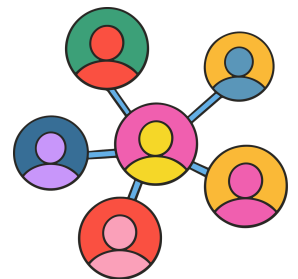
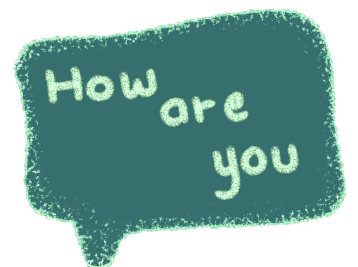
Online Listening Lounge for Mental Health First Aiders: What to Expect?

Our Online Listening Lounge is a welcoming virtual space designed especially for Mental Health First Aiders. Hosted on MS Teams, it offers a chance to pause, connect with others in similar roles, and reflect on your experiences in a supportive and confidential setting.

Each session provides an opportunity to share insights, discuss challenges, and learn from one another. There's no pressure to contribute – you're free to listen, share, or simply take some time for yourself. With light facilitation to guide conversation, the focus is on peer support, shared understanding, and prioritising your own wellbeing while continuing to support others.

Our next Listening Lounge will take place in May, where we'll be focusing on Mental Health Awareness Week and will be joined by a guest speaker to help spark discussion and shared learning. We look forward to seeing you there.

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



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Written by: **Isabelle Grainger**

It's been another dynamic and impactful month for the MHSP Project, with real momentum building right across the County.

This month, we've been out and about attending a number of events across the County – connecting with local organisations, community leaders, and frontline teams who share our commitment to improving mental health and preventing suicide. Each event has created valuable opportunities to raise awareness, spark important conversations, and strengthen the growing network of support within our communities.

It's inspiring to see so many people coming together with a shared purpose, and we're excited to keep building on this collective energy in the months ahead.

Stand To Corporate Event: 04/03/2026

We had the privilege of attending a fantastic event at Chesterfield FC, hosted by Derbyshire Addictions Advice Service (DAAS) and STAND TO.

It was a truly inspiring and thought-provoking day, bringing together people who are deeply committed to supporting former armed forces personnel and their families. The passion, honesty and shared determination in the room made it a really powerful event to be part of. We left feeling energised, with plenty of ideas and actions to take forward as we continue working alongside partners to support this incredibly important work.

A huge thank you to DAAS and Stand To for organising such a warm, welcoming and impactful event. The support you provide to veterans and their families is vital, and it was a real privilege to be part of the conversation.



Find out more at:
<https://www.standto.co.uk/>
<https://www.armedforcescovenantant.gov.uk/>

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Written by: Isabelle Grainger

My Whole Self Day: 10/03/2026

This month we're recognising Whole Self Day, led by Mental Health First Aid England, which encourages workplaces to create environments where people feel able to bring their whole selves to work – including their mental health. MHFA England's research shows that one in three employees do not feel safe asking for help at work, and nearly half (49%) do not feel safe expressing what they need to work at their best. Across Derby and Derbyshire, workplaces play a crucial role in promoting wellbeing, reducing stigma, and supporting early intervention. Simple actions such as open conversations, confident line management, and clear signposting pathways can make a meaningful difference in preventing distress from escalating.

Through the Mental Health and Suicide Prevention Project, we are working directly with small and medium-sized businesses across the county and city to strengthen workplace confidence, provide practical guidance, and support the development of clear mental health action plans.

Download My Whole Self toolkit - <https://mhfaengland.org/mhfa-centre/campaigns/My-Whole-Self-2026/>



Blushing Blooms

We're supporting the campaign for workplace culture change



My Whole Self



The Office Way



Greenbank Leisure Centre – 12/03/2026

Our team hosted an information stand at Green Bank Leisure Centre in Swadlincote, where we spoke with visitors and staff about mental health support available across the local area. We brought along a range of resources and information about community groups, services, and non-medical support options available within the county. We also shared details about our mental health and suicide prevention project, including the benefits of joining the project community and how it aims to strengthen local support networks.

Throughout the day we had several engaging and insightful conversations, both with members of the public and leisure centre staff, covering topics such as local mental health provision, medication, and the importance of accessible community support. A huge thank you to the team at Green Bank Leisure Centre for inviting us and providing the opportunity to connect with the local community.



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Understanding, Inclusive,
Supportive

Written by: Isabelle Grainger



✦ Big News for Sports & Physical Activity Clubs Across Derbyshire ✦

We're proud to announce the launch of the Mental Health Friendly Clubs Programme, supporting sports and physical activity clubs across Derbyshire to create safe, supportive and inclusive environments for adults and young people.

Delivered in collaboration with Active Derbyshire, this programme strengthens the role clubs already play in building confidence, connection and community – by placing mental wellbeing at the heart of sport!

What Is a Mental Health Friendly Club?: A Mental Health Friendly Club is committed to being supportive, inclusive and understanding. It promotes open conversations about mental health and ensures members feel valued both on and off the pitch.

What Your Club Will Receive:

By joining the programme, clubs gain access to:

- Free mental health & suicide prevention training
- Club Wellbeing Ambassador training
- Practical resources and guidance
- Mental health resource packs
- A digital badge to showcase your commitment
- Ongoing support and signposting advice

You can register for a 30 introductory session here (the first session takes place on 30 March):

[Mental Health Friendly Clubs - Introduction Session – Fill out form](#)

Why It Matters?: For many people, their sports club is a trusted space and vital support network. By becoming a Mental Health Friendly Club, you help:

- Reduce stigma
- Encourage early support
- Strengthen your club culture
- Protect the wellbeing of members and volunteers

Who Can Join? The programme is open to all sports and physical activity clubs across Derbyshire, regardless of size or discipline. If your club wants to build a positive, inclusive culture and show your community that mental health matters – now is the time to get involved.



Find out more or register your interest:
✉ franky.boyland@activepartnerstrust.org.uk
✉ isabelle@erewashcvs.org.uk



Together, we can ensure clubs across Derbyshire are places where people thrive – physically and mentally.



**MENTAL HEALTH FRIENDLY CLUBS PROGRAMME
AIMS TO SUPPORT SPORT AND ACTIVITY CLUBS
TO PROVIDE A SAFE AND INCLUSIVE
ENVIRONMENT FOR ADULTS AND YOUNG PEOPLE .**



SUPPORTIVE, INCLUSIVE, UNDERSTANDING

**BY PARTICIPATING IN THE PROGRAMME, YOU WILL GAIN
ACCESS TO FREE MENTAL HEALTH & SUICIDE PREVENTION
TRAINING, AS WELL AS CLUB WELLBEING AMBASSADOR
TRAINING, A RANGE OF RESOURCES TO SUPPORT
MEMBERS, MENTAL HEALTH PACKS FOR YOUNG PEOPLE,
AND A DIGITAL BADGE TO SHOW YOUR COMMITMENT TO
BEING A MENTAL HEALTH FRIENDLY CLUB & LOTS MORE!**

✉ FRANKY.BOYLAND@ACTIVEPARTNERSTRUST.ORG.UK / ISABELLE@EREWASHCVS.ORG.UK

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Thank you all for the thoughtful and encouraging feedback you've shared over the past couple of months. It's been fantastic to hear how the work is landing and the impact it's having across our communities.

We wanted to share some of that feedback with you – your reflections, experiences, and insights truly matter and help shape what we do next.

"Thanks, as always for all the information updates and event flyers etc. Its extremely useful to be able to have this info at hand when we need to signpost etc." - Mens Space

"Some fantastic signposting and free courses available . Thank you for the helpful recourses (the MH policy is super helpful)" - Parkside High CIC

"I have scheduled to share all of this information to our mailing list network on Monday, thank you so much for sharing- there is lots of useful information!" - Community Action Derby

"Our colleagues shared that they felt they had a better understanding of what it is to struggle with mental health and were more informed." - Pine Lodge Holidays

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NEW Self-Help Guides – Now Live

The Public Health team at Derbyshire County Council has developed a brand-new Perinatal & Postnatal Support Guide.

This comprehensive 16-page guide has been thoughtfully designed to support parents and carers before, during, and after the birth of a baby. It includes practical advice, evidence-informed information, wellbeing tips, and dedicated reflection space to help individuals and families prepare for and adjust to this significant life transition.

The guide covers topics such as emotional wellbeing, self-care, building support networks, and navigating common challenges that can arise in the perinatal and postnatal period. Whether you're expecting a child, supporting a partner, or adapting to life with a new baby, this resource offers accessible, reassuring guidance at every stage.

We encourage you to share this valuable new resource across your networks to help ensure parents and carers know where to find support when they need it most.

Order your free resources today:
dccmhsp.com/ResourceOrderForm

To download a guide visit:
dccmhsp.com/Perinatalguide



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Upcoming Awareness Days:

Stress Awareness Month – April (All Month)

Stress Awareness Month takes place throughout April and aims to raise awareness of the causes and impacts of stress on our mental and physical wellbeing. It encourages open conversations about stress, reducing stigma, and sharing practical tools to help individuals manage stress more effectively in everyday life.



World Autism Awareness Day – 2 April

This day focuses on increasing understanding and acceptance of autistic people while promoting inclusion across communities, workplaces, and services. It highlights the importance of recognising neurodiversity and creating supportive environments where everyone can thrive.



World Health Day – 7 April

Led by the World Health Organization, World Health Day raises awareness of key global health issues each year. It provides an opportunity to highlight the connection between physical health, mental wellbeing, and supportive communities.



National Walking Month – May (All Month)

Although taking place in May, National Walking Month is often promoted in April to encourage people to prepare and get involved. The campaign highlights the physical and mental health benefits of walking, including reducing stress, improving mood, and supporting overall wellbeing.



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](#)