

FEBRUARY 2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Welcome to our First Newsletter!

We're excited to bring you the latest updates, insights, and opportunities from Erewash Voluntary Action 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.

DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK

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@erewashcvcs.org

Happy Reading!

Written by: Isabelle Grainger

Derbyshire Mental Health First Aiders Network

Q: Who is the network for?

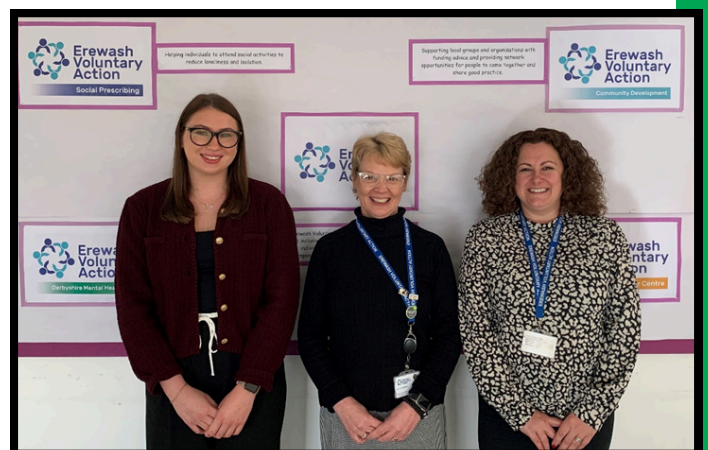
A: Anyone who has undertaken Mental Health First Aider Training (Adult or Youth) and is using their training (within either paid or unpaid role) within Derbyshire.

Q: Does my certificate need to be in date?

A: If your certificate is out of date, we can help you with getting it renewed. Maintaining up-to-date training is important as tools, training, and techniques all change as the syllabus is reviewed and updated.

Q: What are the network's aims and objectives?

A: Provide a safe space to discuss challenges, problem solving, share best practice, and to undertake peer support around being a mental health first aider. The network will share access to additional resources, training opportunities, and signposting materials for use by all network members.



Derbyshire Mental Health First Aiders Network
L-R Isabelle, Debra & Joanne

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Highlights of our Recent Activities

Brew Monday: 20th January 2025

At Erewash Voluntary Action, hosting a Brew Monday event involved inviting colleagues to take a break, share a drink, and engage in informal conversations. For more information about Brew Monday, visit: <https://www.samaritans.org/support-us/campaign/brew-monday/>.

Time to Talk Day: 6th February 2025

Time to Talk Day 2025 is a special day dedicated to encouraging friends, families, communities, and workplaces to come together to talk, listen, and make a difference in people's lives. (Reference : <https://timetotalkday.co.uk/>). We are proud to have featured this important day in the South Derbyshire Living Well Collaborative, where resources and networking were made available for those interested in taking something home to continue the conversation.



Brew Monday at EVA 20/01/2025



Time to Talk Day 06/02/2025

Upcoming News & Events

- Joint Countywide Mental Health Forum Market Stall event. Thursday 6th March 2025 10am-3pm. This should present a great networking opportunity, and it would be fantastic to see as many of you there as possible!
- My Whole Self Day. Tuesday 11th March 2025 : This campaign is for workplace culture change. It encourages organisations to embrace diversity and inclusion alongside health and wellbeing. Also taking place is a webinar, hosted by Mental Health First Aid England® focusing on the importance of psychological safety in the workplace and how managers can empower employees to bring their whole selves to work. Please visit website to register. (Reference:<https://mhfaengland.org/mhfa-centre/campaigns/my-whole-self-2025/>).

Join our webinar

My Whole Self: Leading teams to bring their whole selves to work

Tuesday 11 March 2025
10am - 11am

My Whole Self

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Derbyshire Mental Health & Suicide Prevention Project

If you are part of a small business, community organisation, charity, sports club or any other local group then we can support you with:

- Access to a variety of fully funded mental health and suicide awareness training courses
- Support to develop mental health action plans and policies within your organisation
- The opportunity to join a network of Mental Health First Aiders, to share good practice, signposting resources and peer support
- Mental Health workshops
- Access to a range of resources and signposting information

Get Involved: If you are interested in becoming a Mental Health First Aider, joining networks, or hosting training sessions, I would love to hear from you! Let's work together to foster a culture of care and understanding. Reach out to explore how we can collaborate to support mental health in our community. Contact: Isabelle@erewashcvs.org.uk

Social Media

we are now on all social media channels. Events, activities & resources can be found here everyday! Stay up to date with all things mental health.



Facebook:
<https://www.facebook.com/DerbyshireMentalHealthForum>

LinkedIn:
<https://www.linkedin.com/.../derbyshire-mental-health.../>

Instagram:
<https://www.instagram.com/derbyshirementalhealthforum/>

X: <https://x.com/derbyshiremhf>

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**. Further information is available at: <https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>
- Derby and Derbyshire Emotional Health and Wellbeing Website. Further information is available at: <https://derbyandderbyshireemotionalhealthandwellbeing.uk/>
- Sign-up to receive the (free) Derbyshire Mental Health Network Newsletter: https://public.govdelivery.com/accounts/UKDCC/subscriber/new?topic_id=UKDCC_3243 .