



**AUGUST
2026**

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Derbyshire Mental Health Team

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@erewashcvcs.org.uk

Supporting Wellbeing This Summer – A Message for Our MHFA Network

Summer can affect people's mental health in different ways. While it can be a time to rest and recharge, changes in routine, work pressures, financial concerns, loneliness and caring responsibilities can also increase stress and anxiety. As Mental Health First Aiders, regular check-ins and supportive conversations can make a real difference, particularly for those who may be under additional pressure.

Over the coming weeks, consider:

- Checking in with someone you haven't spoken to recently.
- Encouraging colleagues to take regular breaks and make the most of their annual leave.
- Promoting healthy habits such as staying hydrated, getting enough sleep and spending time outdoors.
- Reminding others that support is available throughout the summer if they need it.

Join Our Next Listening Lounge:

Our next Listening Lounge will take place on Thursday 12th November!

The Listening Lounge is a relaxed, informal opportunity for members of our MHFA Network to connect, share experiences, discuss challenges, celebrate successes and learn from one another in a supportive environment. Whether you're new to the network or a regular attendee, we'd love to see you there.

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:



THURSDAY 12TH NOVEMBER



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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August Activities

Crafty Place CIC – 14 August:

On Friday 14th August, we visited Our Crafty Place CIC to celebrate Feel Good Friday and raise awareness of the importance of looking after our mental health. During our visit, we shared information and resources about the Derbyshire Mental Health Forum, MHSP Project and wider mental health support available across Derbyshire, while connecting with members of the community and having meaningful conversations about mental health and wellbeing. A big thank you to everyone at Our Crafty Place CIC for welcoming us and creating such a warm and inclusive space!

Three Rivers Rotary Club Fun Day – 19 August:

We attended the Three Rivers Rotary Club Fun Day, connecting with local residents and organisations while raising awareness of mental health and the support available across Derbyshire. It was a fantastic opportunity to engage with the local community and share useful information.

MH Team Trip Out – 21 August:

We headed over to Buonissima Aperitivo Bar for a lovely working brunch and team meeting together. It was a great opportunity to step away from the day-to-day, catch up, share ideas and enjoy some good food and even better company. We're incredibly lucky to have such a dedicated, supportive and hardworking team, and it's important to make time to celebrate that too. Thank you to everyone for all that you do – here's to another busy and exciting few months ahead!



Crafty Place CIC



Three Rivers Rotary Club Fun Day



MH Team Trip Out

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MHSP Conference 2026 – The Countdown Is On! ✨🎤

We've been super busy behind the scenes over the past few weeks, putting the final plans in place for the Mental Health & Suicide Prevention Conference 2026! With the conference now just around the corner, our team has been working hard to bring together an inspiring and informative day filled with expert speakers, meaningful conversations, practical resources and opportunities to connect with others working across mental health, suicide prevention and community wellbeing. 🤝💬

From confirming speakers and planning the programme to organising resources, stalls and all the little details that help make the day a success, there has certainly been lots happening behind the scenes! 📝

And what a response! The conference sold out in just five days, which has been fantastic to see and is a real reflection of the enthusiasm and commitment across Derby and Derbyshire to improving mental health and preventing suicide.

Missed out on a ticket? Don't worry! We know that unfortunately not everyone who wanted to attend was able to secure a place.

So, next month we'll be creating a special conference edition of our newsletter! 📄✨

This dedicated edition will give those who couldn't attend the opportunity to read all about the day, including highlights from our speakers, key messages and discussions, useful resources, photos and some of the fantastic work taking place across Derby and Derbyshire.

We'll also be sharing some of the key takeaways and learning from the conference, so you can still feel part of the conversation even if you weren't able to join us on the day.

We can't wait to bring everyone together and celebrate the incredible work happening across our communities. 💚

Thank you to everyone who has supported, contributed to and helped make this conference possible – we're looking forward to seeing you there!



SOLD OUT

Derbyshire Countywide Mental Health & Suicide Prevention Conference 2026

Join us at the Derbyshire Countywide Mental Health & Suicide Prevention Conference 2026 — A focused event bringing together local organisations, professionals, and community members to share learning and strengthen support across Derbyshire & Derby City!



Derby and Derbyshire
Integrated Care Board



**Erewash
Voluntary
Action**

Derbyshire Mental Health Team



**Mental Health and
Suicide Prevention**
Public Health Derbyshire



WEDNESDAY
16/09/2026



TIME
09:30AM-15:30PM



The Post Mill Centre Market Street, Alferton DE55 2EJ



**KINDLY SUPPORTED BY THE
TOYOTA MANUFACTURING UK
CHARITABLE TRUST**



**SCAN TO GET
YOUR TICKETS**



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World Suicide Prevention Day – 10 September 2026 

World Suicide Prevention Day (WSPD) takes place every year on 10 September and is a global opportunity to raise awareness of suicide prevention, reduce stigma, and encourage open conversations about mental health and wellbeing. This year's theme continues the international campaign "*Changing the Narrative on Suicide*", encouraging us all to move from silence and misunderstanding towards greater awareness, compassion, and support.

Suicide prevention is everyone's business. By learning more about suicide, recognising when someone may be struggling, and knowing how to respond, we can all play a role in helping to save lives. Research and lived experience continue to show that open, supportive conversations can make a real difference.

Derbyshire World Suicide Prevention Day Resources

To support organisations, workplaces, clubs, schools, and community groups across Derbyshire, a range of free resources have been developed to help raise awareness and start meaningful conversations.

Your one-stop guide can be downloaded from:  dccmhsp.com/wspguide

How Can You Get Involved?

- Start a conversation with someone you care about.
- Share trusted suicide prevention information and resources.
- Attend training to improve your confidence in supporting others.
- Promote local and national support services.
- Encourage your workplace, club, organisation, or community group to prioritise mental health and suicide prevention.
- Take time to check in on your own wellbeing and seek support if needed.

Need Support?

If you or someone you know is struggling, support is available:

 Samaritans – 116 123 (24 hours a day, 365 days a year)

 NHS 111 – Select the mental health option for urgent support

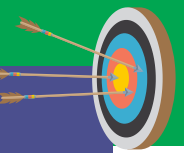
 PAPYRUS HOPELINE247 – 0800 068 4141 (for children, young people and those concerned about them)

 If there is an immediate risk to life, call 999 or attend your nearest Accident & Emergency department.

Let's Continue the Conversation!

World Suicide Prevention Day reminds us that a conversation can change – and even save – a life. By working together, challenging stigma, and supporting one another, we can help create safer, healthier communities across Derbyshire.

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Understanding, Inclusive,
Supportive

Written by: Isabelle Grainger



★ Mental Health Friendly Clubs is growing! ★

We are so proud to see more clubs and organisations joining our Mental Health Friendly Clubs programme and taking positive steps to support the mental health and wellbeing of their members.

One of our participating organisations, NDL Refs, shared why being part of the initiative is so important to them:

“NDL Refs pride ourselves on the welfare assistance we offer to our members. By now being involved in this initiative we can take that support to the next level and assist more people in a wider range of situations.”

They are also looking to train Mental Health Ambassadors within their organisation, helping members to access support and maintain their emotional wellbeing. 🙌

A huge thank you to NDL Refs, and to all the clubs and organisations who have signed up and completed the programme so far. Your commitment is helping to create more supportive, inclusive and mentally healthy environments across our communities.



You can register for a free 30
introductory session here:

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

Find out more or register your interest:

✉️ franky.boyland@activepartnerstrust.org.uk

✉️ isabelle@erewashcvs.org.uk





**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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Upcoming Awareness Days – September 2026

🧡 5 September – International Day of Charity: A day to recognise the important contribution of charities, volunteers and community organisations in supporting people and strengthening communities. [United Nations – International Day of Charity](#)

💚 10 September – World Suicide Prevention Day: A day to raise awareness of suicide prevention, encourage open conversations and help reduce the stigma around suicide. [IASP – World Suicide Prevention Day](#)

😊 21–25 September – International Week of Happiness at Work: A week encouraging workplaces to focus on wellbeing, positive relationships and creating healthier, happier working environments. [International Week of Happiness at Work](#)

🧠 21 September – World Alzheimer's Day: A day to raise awareness of Alzheimer's and dementia, challenge stigma and highlight support for those affected and their families. [Alzheimer's Society – World Alzheimer's Month](#)

INTERNATIONAL WEEK OF
HAPPINESS AT WORK



Signposting & Services

- NHS 111 and then selecting the 'mental health' option (option 2). Deaf community - Call 111 using the SignVideo app or [SignVideo website](#).
- 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](#)

