

OCTOBER
2025

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



DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK

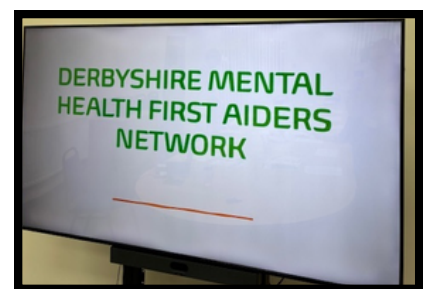


Earlier this month, we hosted our Mental Health First Aid (MHFA) Listening Lounges on Monday 14th October and Wednesday 16th October.

The sessions offered a relaxed, welcoming space for colleagues and community members to catch up, share experiences, and be heard. Attendees enjoyed a cuppa and a chat, received a helpful mental health resource pack, and took the opportunity to connect with colleagues and other local partners and volunteers in a friendly, informal setting. Our trained MHFA volunteers were on hand to listen, offer guidance, and provide support where needed.

The lounges were a great way to take a moment out of the busy week, reflect on wellbeing, and reinforce the importance of looking after each other's mental health. Thank you to everyone who came along and helped make the sessions so welcoming and supportive!

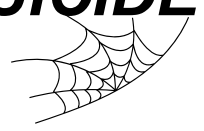
If you would like to join the Network, simply email with your contact details and certificate: mhfa@erewashcvs.org.uk.



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Written by: **Isabelle Grainger**

MHFA Peer Support – Online Community Feedback

We recently asked members of our Mental Health First Aider (MHFA) Peer Support Facebook Group to share their thoughts on being part of the online community – and here's some of the wonderful feedback we received:

Join Our Private Facebook Group!



Did you know we have a private Facebook Group dedicated to connection, support, and sharing valuable mental health and suicide prevention resources?

In this online community, members come together every day to share ideas, promote local initiatives, and offer mutual encouragement. It's a safe and supportive space where you can stay up to date with the latest training opportunities, events, and wellbeing resources across the county and city.

👉 Join the conversation today: [Click here](#)

"I love being a member of this space. It's a good place to pick up resources, and information about what is happening across the county. It also helps me feel less isolated in my role as an MHFA. I have especially enjoyed the conversation about AI as a tool in mental health".

"The resources and training really help me support those around me".

Activity

We're thrilled to bring you a streamlined way to stay informed! From now on, our weekly Mental Health & Suicide Prevention Project (MHSP) email 'news & updates' and Derbyshire Mental Health First Aiders (MHFA) Network news will be combined into a single weekly email known as '**Wellbeing Weekly-MHSP & MHFA Network**'

This means you'll still receive all the latest news, resources, and opportunities from both the MHFA Network and the MHSP Project in one place. Our goal is to help you save time while staying fully up to date on everything happening across our mental health and suicide prevention initiatives.

Stay tuned for practical updates, upcoming events, training opportunities, and helpful resources—all in one convenient email!



Activity

This month, we've been busy connecting with a range of fantastic local organisations across Derbyshire, including **Amber Valley Fitness Centre** and **Connected Perinatal Support CIC**. It's been great to meet with teams who are passionate about supporting their communities and promoting wellbeing in different ways.

At Amber Valley Fitness Centre, we discussed the role that physical activity can play in improving mental health and explored ways to integrate wellbeing and suicide prevention messaging into their community programmes. With **Connected Perinatal Support CIC**, we talked about the importance of early intervention and emotional wellbeing for new and expectant parents, as well as opportunities for joint awareness initiatives.

We're really looking forward to continuing these conversations and working together to build stronger, healthier, and more connected communities across Derbyshire and Derby City.



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Community Outreach - The Slow Girls Walk Club™ - Case Study

The MHSP project has also been working with *The Slow Girls Walk Club™*. The project was able to provide a Mental Health Action Plan and resources to the group! Sally, one of the group's coordinators, shared how valuable it has been to connect walking, community, and wellbeing: ***"The MHSP project has definitely helped open up conversations"***.

Sally shared in July, *"I set up a new walking group in Chapel-en-le-Frith, and the response has been incredible:*

- 15 walks completed so far (42 miles covered and plenty of talking along the way 🗣️).
- 28 women and 7 dogs have joined in person.
- Nearly 200 members in our Facebook group.
- Featured in the High Peak Review, listed on Walk Derbyshire, and included in Rethink Mental Illness peer support groups.

We meet twice weekly for gentle strolls around Chapel and the High Peak. The group is all about conversation, connection, and fresh air. It's already having a really positive impact on wellbeing in the community, and it has been wonderful to see people discovering new areas of Chapel together".

👉 Group link: [Here](#)

Thankyou to Sally & the group for sharing your positive news story!



Derbyshire Self-harm and Suicide Prevention Partnership Forum Strategic Framework 2022-2025

In September's newsletter, we shared the results from the Derbyshire Self-harm and Suicide Prevention Survey, where information was collected in July 2025. You can find further information and updates from the Derbyshire Self-harm and Suicide Prevention Partnership Forum (DSSPPF), including the Derbyshire Suicide Prevention Strategic Framework 2022-25, by clicking here: [Derbyshire Self-harm and Suicide Prevention Partnership Forum \(DSSPPF\)](#)





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Training: Free places are still available on the Adult and Youth Mental Health First Aid (MHFA) Derbyshire County Council November and December courses below:

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Adult MHFA virtual/online courses:

The deadline for booking onto the following course is 31 October 2025:

- 2 live sessions on 21 November 2025 (all day) and 28 November 2025 (all day)

The deadline for booking onto the following course is 13 November 2025:

- 4 live sessions on 1 December 2025 (morning), 4 December 2025 (morning), 8 December (morning) and 12 December 2025 (morning)

Youth MHFA virtual/online courses:

The deadline for booking onto the following course is 10 November 2025:

- 2 sessions on 5 December 2025 (all day) and 12 December 2025 (all day)

For further information as to Mental Health First Aid (MHFA) training including a description of our Adult and Youth courses please visit the [County 'Mental health first aid training' webpage](#) on Derbyshire County Council's website. On this webpage you will also find details of current course dates and new dates when released in the future.

Details and a description of other mental health training courses DCC offer can be found on: [Mental health training webpage and its sub-pages](#).

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Autism & Suicide Awareness Training:

The ZSA has launched a **new free** online training focused on supporting autistic people who may be at risk of suicide.

Developed in partnership with autistic individuals, carers, and professionals, this short interactive course helps raise awareness of the unique challenges autistic people may face and how to offer effective, compassionate support.

The training is open to everyone and takes around one hour to complete. Participants will gain practical skills and a certificate on completion.

👉 Take the training here: zerosuicidealliance.com/suicide-autism-training



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World Mental Health Day - 10th October 2025!

This World Mental Health Day, we came together to shine a light on mental health in catastrophes and emergencies. Because no matter what challenges we face—big or small—everyone deserves access to support and care. (mentalhealth.org.uk)

EVA came together for a Big Brunch in celebration of World Mental Health Day 2025, showing their support for Mind and promoting wellbeing across the community. The event, organised by the Derbyshire Mental Health Team, provided a warm and welcoming space for staff and volunteers to relax and connect. With colouring activities, delicious snacks and drinks, calming music, and plenty of friendly conversations, it was the perfect opportunity to take a mindful pause and prioritise mental health.

A big thank you to everyone who joined in and helped make the morning such a positive, uplifting event! 🍰🍵.



Stronger Together: Building Resilience and Meaningful Connections

We also attended the Stronger Together: Building Resilience and Meaningful Connections webinar on World Mental Health Day, delivered in partnership with The Harry Kane Foundation and Bounce Forward.

The event was well attended and offered valuable insight into the many opportunities that awareness-raising can bring, particularly in helping people strengthen resilience and build meaningful connections.

It was an inspiring and engaging session that left us with practical ideas to further support wellbeing and connection across our communities.



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Awareness Days:

- National Stress Awareness Week: 3-7th November.
- MHFAider® Day: 12nd November.
- Anti-Bullying Week: 10-14th November.
- National Self-Care Week: 17-23rd November.

Join us in celebrating MHFAider® Day and promoting mentally healthy workplaces:

The free workplace toolkit makes it simple to spotlight your MHFAiders, demonstrate your organisation's commitment to mental health, and be part of the growing national movement.

Here's what's included:

- ➔ Internal communications templates – make it easy to share your message
- ➔ A five-day celebration planner – plan your MHFAider activities with ease
- ➔ Impact stats – showcase the difference MHFAiders are making
- ➔ Social media posts & graphics – spread the word online

📄 Download your MHFAider Day toolkit today:

<https://brnw.ch/21wWDAa>



Social Media



Facebook:

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

LinkedIn:

<https://uk.linkedin.com/in/derbyshire-mental-health-team-at-erewash-voluntary-action-2256b4346>

Instagram:

<https://www.instagram.com/derbyshirementalhealthteam/>

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

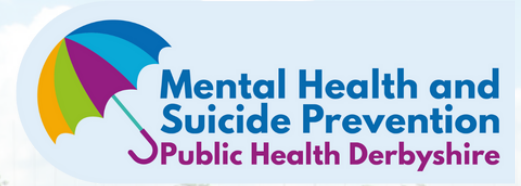
Signposting & Services

- 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.

DERBYSHIRE MENTAL HEALTH AND SUICIDE PREVENTION PROJECT



DERBYSHIRE MENTAL
HEALTH FIRST AIDERS
NETWORK



IF YOU ARE A PART OF A SPORTS CLUB/ORGANISATION WE CAN SUPPORT WITH:

- **FULLY FUNDED MENTAL HEALTH AND SUICIDE PREVENTION TRAINING**
- **SUPPORT IN DEVELOPING MENTAL HEALTH ACTION PLANS AND POLICIES**
- **ACCESS TO OUR MENTAL HEALTH FIRST AID NETWORK – INCLUDING WORKSHOPS, PEER SUPPORT AND DEVELOPMENT OPPORTUNITIES**
- **DIGITAL AND PRINTED RESOURCES**
- **PRACTICAL ADVICE TO MAKE YOUR SPACE MORE MENTAL HEALTH FRIENDLY**

**ARE YOU A MENTAL HEALTH FIRST AIDER?
JOIN OUR NETWORK TO CONNECT WITH
OTHERS, ACCESS UPDATES, FREE
RESOURCES, INFORMATION AND
SUPPORT**



SCAN THE CODE FOR MORE PROJECT INFORMATION!
CONTACT: ISABELLE@EREWASHCVS.ORG.UK
@DERBYSHIREMENTALHEALTHTEAM

