

AUGUST 2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Welcome!

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



Derbyshire Mental Health Team

Written by: Isabelle Grainger

DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK

Listening Lounges – Connecting with Mental Health First Aiders

For the past five months, we've had the privilege of hosting Listening Lounges — free, drop-in gatherings where Mental Health First Aiders can come together, share their challenges, and celebrate their successes. We've travelled across the High Peak, Derbyshire Dales, Amber Valley, and Chesterfield so far, with Erewash and South Derbyshire still to come before the end of the year. At each stop, we've been met with open conversations, genuine peer support, and the warmth of people who care deeply about their communities.

It's a simple format — a cuppa, a welcoming space, and a free resource pack filled with posters, information, and tools to support the MHFA role — but it's one that people tell us makes a real difference. They value having time and space to talk, the opportunity to learn from others, and the way we move around the county to make it easier for everyone to attend.



Example resource pack



Honey Hope Farm Listening Lounge - July 2025

For our team of MHFA-trained staff and volunteers, these sessions have been a joy to facilitate. We leave each one reminded of the dedication and compassion that MHFAs bring to their roles — and feeling grateful to play a small part in supporting them.

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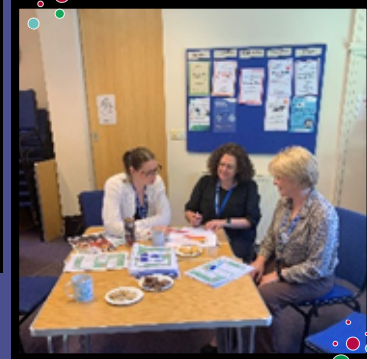
Written by: Isabelle Grainger

Join us for our next Listening Lounges:

- October 14th 10.00 – 14.00 at Erewash Voluntary Action, Granville Avenue, Long Eaton, Derbyshire NG10 4HD
- October 16th 10.00 – 14.00 at St. Giles' Church Hall, Church Drive, Sandiacre. NG10 5EE



For more details please email:
mhfa@erewashcvvs.org.uk



Activity: MHSP at West Park Leisure Centre – 27th August

The Mental Health Suicide Prevention (MHSP) Project recently hosted an information stall at West Park Leisure Centre, where we shared resources, encouraged open conversations, and connected with the community about mental health and wellbeing.

Throughout the day, many visitors of West Park Leisure Centre stopped by to learn more about the support available across Derby and Derbyshire. Our team shared practical information on mental health services, self-help resources, and suicide prevention initiatives, as well as tips on how to support friends, family, and colleagues who may be struggling.

The event created a welcoming space for open conversations, helping to break down stigma around mental health. Several visitors expressed how valuable it was to have approachable, accessible information available in a familiar setting, and many left with resources to take away and share with others.



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Written by: Isabelle Grainger



The MHSP Project has recently connected with Rural Action Derbyshire to strengthen support in rural communities, raising awareness and improving access to mental health and suicide prevention resources!

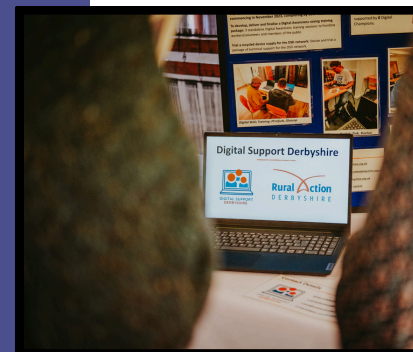
While Rural Action Derbyshire doesn't currently run a dedicated mental health programme, many of the beneficiaries' report improved mental wellbeing as a result of our support. Our work with rural communities addresses key social determinants of mental health—such as food insecurity, isolation, and safety—through a range of community-focused initiatives. Below is an overview of some of our current projects:

Feeding Derbyshire - Feeding Derbyshire seeks to help those struggling with low incomes, debt, and poor access to affordable, nutritious food. We aim to reduce the negative impact of hunger by working to ensure our projects are inclusive and reach the most vulnerable people in the county. We intend to give families and individuals the confidence and capacity to be self-reliant, able to meet their own and their children's needs.



The Willow Project - The challenges faced by victims of domestic abuse who live in the countryside can be quite different to those living in the town or city. The Willow Project delivers awareness training throughout Derbyshire. This will help people identify the signs of domestic abuse, give them the confidence to report it and also to challenge attitudes that perpetuate domestic abuse, particularly in rural areas.

Digital Support Derbyshire - Rural Action Derbyshire is committed to reducing the County's Digital Divide. We recognise the value of being online and want to ensure that everyone in the county has the opportunity to connect digitally and ultimately reduce the feeling of isolation.



Scams Awareness - The Communities Against Scams initiative by Rural Action Derbyshire is dedicated to protecting residents from the growing threat of fraud and scams.

We offer a range of resources, advice, and support to help you identify and prevent scams in your community.

For more information about any of our projects, please visit our [website](https://www.erewashvoluntaryaction.org.uk/) – or if you'd like a chat with a member of the team, please drop us a line

info@ruralactionderbyshire.org.uk

Laura Mitchell - Engagement Lead

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World Suicide Prevention Day — 10 September 2025 Theme: *“Changing the Narrative on Suicide”*

Every year, 10th September marks World Suicide Prevention Day, uniting communities, organisations, and individuals across the globe to raise awareness and prevent suicide. This vital initiative is led by the International Association for Suicide Prevention (IASP) in collaboration with the World Health Organisation (WHO) to foster hope and essential conversations about mental health and suicide.

This year's theme, *Changing the Narrative on Suicide*, emphasises the power of open, compassionate, and stigma-free dialogue. It invites everyone—from individuals to governments—to speak honestly about suicidal thoughts, break down barriers, and foster a safer, more understanding world. The goal: create environments where emotional distress leads to support—not silence.

Why It Matters

- Over 700,000 lives are lost to suicide each year worldwide—impacting countless families and communities.

World Health Organization. (2023). Suicide. Retrieved August 11, 2025, from <https://www.who.int/news-room/fact-sheets/detail/suicide>

- Suicide is a critical public health issue with profound social, emotional, and economic repercussions, touching nearly every corner of society.



How You Can Get Involved:

- Start conversations: Be open and empathetic—discuss mental health to reduce stigma.
- Promote awareness: Share resources, posters, or social media content connected to WSPD's theme.
- Organise or join events: Whether virtual or in-person, events help build support networks and awareness.
- Point others to resources: Encourage those who may be struggling to seek help via hotlines, counsellors, or community services.



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Events Coming Up:

- Long Eaton Rugby Club Community Mental Wellbeing Event (See poster below)

📍 Long Eaton Rugby Club

📅 Thursday 11th September

🕒 6:30-9:30pm

- Baton of Hope

📍 Derby City / Derbyshire

📅 Thursday 13th September

🕒 All day

<https://batonofhopederbyderbyshire.co.uk/tour>

- Derbyshire Mental Health & Suicide Prevention Conference 2025

📍 Post Mill Centre, DE55 2EJ

📅 Wednesday 17th September 2025

🕒 10am-15:00pm

Free Blood pressure check ups
- Live Life Better Derbyshire -
Click here for August dates!



Social Media

Follow us on social media. 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/derbyshiremh>

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 .

LONG EATON RUGBY CLUB COMMUNITY MENTAL WELLBEING EVENT



**WHERE: WEST PARK CLUBHOUSE, WEST
PARK, LONG EATON, DERBYSHIRE
NG10 4AA**

**WHEN: THURSDAY 11TH SEPTEMBER
2025**



TIME: 18:30-21:30PM



Long Eaton Rugby Club is hosting a mental health & wellbeing event for its local community. This event aims to raise awareness about the importance of good mental health & wellbeing by providing attendees with valuable information on a range of local services and resources available to support their wellbeing.

EVERYONE WELCOME!

Derbyshire Recovery & Peer Support Service

**Rethink
Mental
Illness**



**Erewash
Voluntary
Action**

Derbyshire Mental Health Forum