

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

Our next Derbyshire Mental Health First Aiders Listening Lounge is fast approaching and will take place on **10th August**. This will be our third Listening Lounge of the year, and we've already had some fantastic sessions, bringing Mental Health First Aiders together to connect, share experiences, learn from one another and support each other in a safe and welcoming space.

If you're a Mental Health First Aider, we'd love for you to join us. You can book your free place using the QR code below.

★ Volunteer Spotlight: Congratulations, Mia!

A huge congratulations to Mia, our wonderful volunteer, who has recently completed her Adult Mental Health First Aid (MHFA) Training! 🎉

We're incredibly proud of Mia's commitment to developing her knowledge and skills to better support others in our community. Here's what she had to say about her experience:

"I found the MHFA training really useful and easy to follow. It really helped me understand mental health better, giving me a deeper understanding and more confidence to support someone who may be struggling. It has also helped me recognise the signs that I may not have been able to identify before. I have learned lots of new skills and can't wait to learn more!"



Well done, Mia, and thank you for everything you do to support the Derbyshire Mental Health Team.

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:



MONDAY 10TH AUGUST



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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MENTAL HEALTH & SUICIDE PREVENTION PROJECT

2026 Survey Snapshot

Thank you to everyone who took part in our survey.
Your feedback helps shape and improve our project. ♥



MHSP Project Survey 2026 – Results

A huge thank you to everyone who took the time to complete our 2026 Mental Health & Suicide Prevention (MHSP) Project Survey. We received 23 responses from organisations across Derbyshire, representing the voluntary, community, health and public sectors.

Your feedback is invaluable and will help shape the next phase of the project. We'll continue to build on what's working well, expand training opportunities, strengthen partnerships and develop even more resources to support mental health and suicide prevention across Derbyshire.



4.42 / 5
AVERAGE VALUE

★ 92%

of respondents rated their experience 4 or 5 out of 5



20

PROMOTERS

83% would recommend our project to others



3

PASSIVES

13% were satisfied but indifferent

TOP ATTENDED TRAINING



Mental Health Awareness

(16)

32%



MHFA

(12)

24%



Suicide Awareness & Bereavement

(11)

22%



Listening Lounge

(9)

18%



Conference

(8)

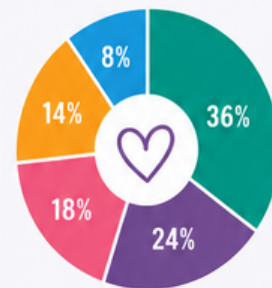
16%



23 people took part in the survey



WHAT YOU VALUE MOST



Training & development



Networking



Resources & signposting



Ongoing support



Regular communications



100%

of respondents said our project has had a positive impact on their knowledge and confidence



MORE FEEDBACK HIGHLIGHTS



96%

found our training relevant and high quality



94%

felt better connected to support networks



90%

feel more confident supporting others after attending our sessions



88%

said our resources and signposting are easy to access and useful



We're committed to building on your feedback to make a bigger impact across Derbyshire. Here's what we're focusing on:



Continue expanding training



Strengthen partnerships



Support grassroots organisations



Increase awareness & engagement



Develop new resources based on your feedback

Thank you for being part of our journey – together we can make a difference. ♥

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Activity:



Izzy - MHSP Project Officer

During July, Izzy, our Mental Health & Suicide Prevention (MHSP) Project Officer, presented at the Derbyshire Self-harm and Suicide Prevention Partnership Forum (DSSPPF). The presentation highlighted the progress and impact of the project, including recent achievements, partnership working, and future priorities. It was a great opportunity to connect with partners from across Derbyshire, share ideas, and hear about the important work taking place across the county to support mental health and suicide prevention.

Conference Update 🎉:

This newsletter was originally going to announce that tickets were now available for the Derbyshire Countywide Mental Health & Suicide Prevention Conference 2026. However, we're delighted to share that the event sold out in just five days!

Due to the incredible response to last year's conference, we secured a larger room at the Post Mill Centre in Alfreton and increased the number of tickets available. Even so, every place was snapped up incredibly quickly. Thank you to everyone who registered – we're looking forward to welcoming you in September.

This year's conference promises to be another inspiring day, featuring a fantastic line-up of guest speakers who will be sharing their expertise, lived experience, and practical insights into mental health and suicide prevention. There will also be a range of information stalls from organisations across Derbyshire, providing opportunities to discover local services, resources, and support, as well as network with professionals and community groups from across the county.

We sincerely apologise to anyone who missed out on a ticket. If you'd like to be added to the waiting list, please email isabelle@erewashcvs.org.uk, and we'll be in touch if a place becomes available.



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!

NHS

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



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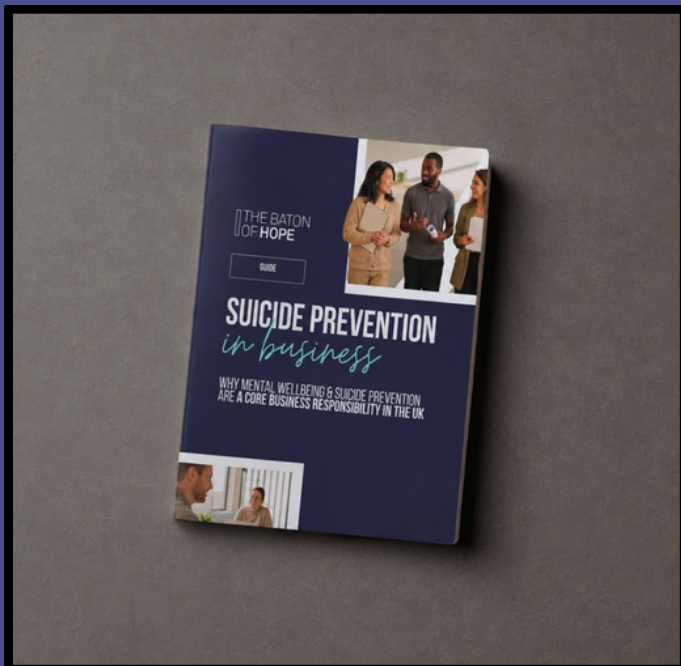
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New Resource: Suicide Prevention in Business Guide

The Baton of Hope has launched its new "Suicide Prevention in Business" guide, designed to help organisations create safer, more supportive workplaces. The guide highlights the important role employers can play in promoting mental wellbeing, recognising when someone may be struggling, and building a culture where people feel able to talk and seek support. It includes practical advice, conversation tips, and actions that businesses of all sizes can take to make suicide prevention part of their workplace wellbeing approach.

You can download the free guide here: [Suicide Prevention in Business Guide](#)



Free LGBTQ+ Suicide Awareness Training:

The Zero Suicide Alliance has launched a free LGBTQ+ Suicide Awareness Training to help raise awareness of the unique pressures LGBTQ+ people may face, including stigma, rejection, and fear of being misunderstood. By increasing understanding, we can all help create safer, more inclusive environments and better support mental wellbeing.

 Access the free training here: <https://zerosuicidealliance.com/lgbtq-suicide-awareness>

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*Understanding, Inclusive,
Supportive*

Written by: Isabelle Grainger



 **Mental Health Friendly Clubs** 

 Congratulations to Our New Mental Health Friendly Clubs!

A huge congratulations to 45 Club (Why Talking Fixes – The Will Garvey Trust Foundation), Dronfield FC, Elysian Wellbeing, NLD Referee Society, Fight Station, and Gresley Rovers Girls on officially becoming Mental Health Friendly Clubs! 🙌

Each organisation took the time to carefully work through and complete the Mental Health Friendly Club criteria, demonstrating their commitment to creating supportive, inclusive environments where mental health and wellbeing are valued.

We are delighted to welcome them to the growing network of Mental Health Friendly Clubs and thank them for their dedication to making a positive difference in their 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

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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Upcoming Awareness Days – August 2026

1 August – National Wellness Month

A reminder to prioritise our mental, physical and emotional wellbeing through self-care, healthy habits and meaningful connections. <https://www.nationalwellness.org/>

12 August – International Youth Day

A global day celebrating young people and recognising the importance of supporting their mental health, wellbeing and future opportunities. <https://www.un.org/en/observances/youth-day>

26 August – Women's Equality Day

A day to celebrate progress towards gender equality and reflect on the work still needed to create fair and inclusive communities. <https://www.nationalwomenshistoryalliance.org/>

30 August – National Grief Awareness Day

A day to raise awareness of grief, encourage open conversations about loss, and remind those who are grieving that support is available and they are not alone. It also highlights the importance of compassionate support within our communities. <https://nationalgriefawarenessday.com/>

31 August – International Overdose Awareness Day

The world's largest campaign dedicated to preventing overdose and reducing stigma. It also promotes access to support, treatment and harm reduction services.

<https://www.overdoseday.com/>

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](#)