

SEPTEMBER
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

Mental Health & Suicide Prevention Conference - 17th September 2025!



What an incredible day we shared at the Mental Health and Suicide Prevention Conference! The event brought together professionals, services, community leaders, and people with lived experience for a day filled with learning, open conversations, and connection.

The programme featured inspiring keynote speakers who shared both professional insights and personal journeys, reminding us of the real impact our work has on people's lives. Interactive activities gave everyone the chance to get hands-on with practical tools and strategies – from building resilience in communities, to breaking down stigma, to exploring new approaches in early intervention and support. Equally powerful were the conversations happening in the breaks – networking, sharing stories, and sparking new collaborations that we know will continue long after the day itself. Together, we explored how small actions in our everyday roles can create lasting change when combined with collective effort.

The energy, honesty, and commitment in the room were truly inspiring. A huge **thank you** to everyone who attended, contributed, and made the day what it was. Your voices, ideas, and dedication are the driving force in shaping safer and more supportive communities where mental health is valued, and suicide can be prevented.

SEPTEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Meet Our Stall Holders

We were delighted to welcome a number of local organisations who came along to showcase the fantastic work they do in supporting mental health, wellbeing, and suicide prevention across our communities.

- **Survivors of Bereavement by Suicide (SoBS):**

SoBS provided information about their safe, confidential spaces where those who have lost someone to suicide can come together to share experiences, find comfort, and support one another. Their peer-led groups helped reduce isolation and created hope after loss.

- **Compass Changing Lives:**

Compass shared details of their services that support young people and families with their health and wellbeing, including substance use, sexual health, and emotional wellbeing. Their approach focused on early intervention and helping individuals make positive, informed choices.

- **Derbyshire Mind**

Derbyshire Mind highlighted their work as an independent local charity that promotes mental wellbeing and supports people experiencing distress. They showcased their advocacy services, community activities, and mental health projects that empower people and ensure their voices are heard.

- **Derbyshire Mental Health Resource Map & DRPSS**

The Derbyshire Mental Health Resource Map and Derbyshire Recovery and Peer Support Service (DRPSS) provided invaluable signposting and peer-led recovery support across the county. Together, they helped individuals and professionals navigate local services, connect with peer networks, and find the right support at the right time.

- **The Tomorrow Project:**

The Tomorrow Project shared their vital work providing confidential suicide crisis support to anyone in distress, alongside their support for those bereaved or affected by suicide. Their presence reminded us of the importance of compassionate, timely support and the difference it can make in saving lives.



Derbyshire
Mind



SoBS



The Tomorrow Project

Compass
Changing Lives



Derbyshire Recovery &
Support Service

SEPTEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Meet The Presenters



Derbyshire Healthcare NHS Foundation Trust
Johannes Leitner
Suicide Prevention Lead



Everyturn NHS Derby & Derbyshire Talking Therapies:
Nicola Armstrong
Community & Partnerships Officer - Everyturn Mental Health



Mental Health Resource Map
Ben Gough & Mark Hudson
Group Development Worker - Derbyshire Recovery & Peer Support Service



MHSP Outreach Project
Isabelle Grainger
Project Officer - Erewash Voluntary Action



Baton of Hope and Let's Chat:
Luke Oldham
Mental Health and Suicide Prevention Team - Derbyshire County Council

James Bromley
CEO Erewash Voluntary Action



We Pledge:
Dr Melanie Hani
Mental Health and Suicide Prevention for the VCSE Sector - Derbyshire County Council

SEPTEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Thank you for sharing your thoughts and feedback with us – we truly appreciate it.



We're delighted that this year's conference was such a success, and due to the overwhelming demand for tickets, we're excited to confirm that we'll be delivering the conference again next year!

"You created a **safe space** for everyone to **connect**, ask **questions** and give **feedback**".

"It was **great** to be there. Really **great** event. Well done all".

"I just wanted to say thank you so much for having us yesterday. I was **inspired** by how well **organised** the day was and what **incredible speakers** you'd organised. I genuinely can't believe that was the **first mental health and suicide prevention conference** you've ever put on. It was **incredible** to hear what is happening locally and all of the **shared passion** for **preventative measures** from so many with **incredible resilience** and wanting to **help others**".

"**Interesting** presentations and a good chance to **network / signpost**. Good food from cafe and great snacks for us. **Good** stalls to look at".

"**Loved** the pack we were given- **very helpful**".

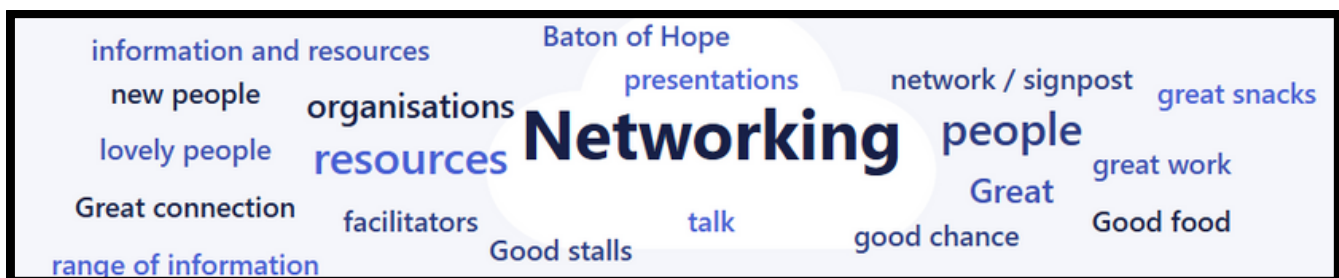
Overall, how satisfied are you with the event?

4.78

Average Rating



What did you like most about the event?



How could the event be improved?

- "Hole in the shape of addiction which is often a core component of a person's mental health struggle"
- "More tickets"
- "I'd like to hear some case studies"
- "I can't think of anything!"



SEPTEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger



DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK

The Derbyshire MHFA Network is a space for trained Mental Health First Aiders to connect, share experiences, and keep building confidence in supporting others.

There are only 4 dates left this year – so if you haven't joined us yet, come along! It's a relaxed and friendly environment where you can enjoy a cuppa, a sweet treat, and a resource pack while catching up with others who share your passion for mental health and wellbeing.

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

Derbyshire Mental Health First Aiders Network

Come and join us in person at the 'New' Derbyshire MHFA Network Listening Lounges in Derbyshire. You can access events, networking opportunities, resources, research, success stories and peer support.

'Join us for our drop-in's'

14/10/25 10am – 2pm - EVA, Theobald Room, Granville Avenue, Long Eaton Derbyshire NG10 4HD

16/10/25 10am – 2pm Saint Giles' Church Hall, Church Drive, Sandiacre, NG10 5EE

1/12/25 10am – 2pm SDCVS Top Floor of Unit G, Sharpes Industrial Estate, Alexandra Rd, Swadlincote, DE11 9AZ

3/12/25 11.30am – 1.30pm - Melbourne Assembly Rooms, High Street, Melbourne, DE73 8GF

Erewash Voluntary Action is a Company Limited by Guarantee Registered in England & Wales No. 10807018 and a Registered Charity (England & Wales) No. 10807018.

Mental Health and Suicide Prevention Public Health Derbyshire



Bakewell Listening Lounge



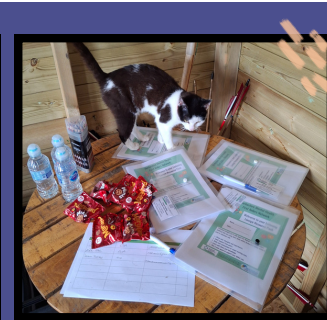
New Mills Listening Lounge



Example Resource Pack



Honey Hope Farm CIC Listening Lounge



Results from the Derbyshire Self-harm and Suicide Prevention Survey, open during July 2025

- 95% of respondents agreed with the 8 proposed priorities: Respondents stated that information, training and support were really important.
- 71% of respondents agreed with the proposed priority groups: Many respondents shared their thoughts and input about other priority groups. The highest were LGBTQ+, Deaf people, people experiencing menopause, farming/rural communities, and asylum seekers/refugees/immigrants.
- 85% of respondents agreed with the proposed factors: Many respondents shared their thoughts and input about other factors. The highest were trauma, bereavement and online content/social media.

Call To Action (from January 2026)

You will be part of the delivery from the Call to Action to reduce and prevent self-harm and suicide. That could be as an individual, as part of a group, organisation or business, or as a strategic system leader



SEPTEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

World Mental Health Day - 10th October 2025!

This World Mental Health Day, we're coming 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)

This year's theme reminds us that mental health matters in every circumstance, especially when times are difficult. It's a reminder that support, compassion, and connection can make all the difference — not just in moments of crisis, but in our everyday lives too. Taking a pause to reflect on how we look after ourselves and how we reach out to others can be just as powerful as big campaigns or events.

Across the country and around the world, people are raising their voices, sharing stories, and helping one another to get through. It's a chance for us all to talk openly, connect meaningfully, and push for services that are there when we need them most.

How you can join in:

- Share the message: posters, graphics, or simply a conversation with someone you care about.
- Host a "Tea & Talk": bring people together in a safe space — sometimes the simplest moments make the biggest difference.
- Check in on yourself and others: asking "How are you really?" can open up a vital conversation. It's okay not to have all the answers.



SEPTEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger

Events Coming Up:

- *Meet the Commissioners Event* (See poster below)

EVA

Tuesday 4th November 2025

10.00-12.00

Awareness days:

- 1st October: Black History Month: *"Standing Firm in Power and Pride"*
- 10th October: World Mental Health Day
- 12-18th October: OCD Awareness Week
- 13-19th October: International adolescent health week



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/subscribe/r/new?topic_id=UKDCC_3243 .

MEET THE COMMISSIONERS

Let Your Voice Be Heard:
Join Our Meet The Commissioners Event



TUESDAY 4TH NOVEMBER 2025
10.00-12.00



EREWASH VOLUNTARY ACTION, LONG EATON,
DERBYSHIRE, NG10 4HD

COME ALONG AND:

- ✓ Hear directly from local commissioners, including Derbyshire County Council, Derby City and Integrated Care board
- ✓ Learn about upcoming priorities & opportunities
- ✓ Share your thoughts, questions and ideas
- ✓ Network with community partners



**SCAN TO GET YOUR
TICKETS!**



www.erewashvoluntaryaction.org.uk