

Spotlight on Mental Health

Emotional Health and Wellbeing Website



A reminder that the Derby and Derbyshire Emotional Health and Wellbeing Website is available for everyone in Derby and Derbyshire to access wellbeing information, support, resources, and training information.

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

DERBY AND DERBYSHIRE MENTAL HEALTH PATHWAY GUIDANCE DOCUMENT 2023

Finding the right help at the right time to support children and young people (CYP) with their mental health and wellbeing can be confusing.

Schools and settings are placed in different localities that have different support structures or services around them. Some buy in their own mental health support services; others have Mental Health Support Teams (MHST).

This guidance has been developed with this in mind to assist those who work with CYP in Derbyshire and Derby City.

Download and share today: [MH PATHWAY GUIDANCE DOCUMENT](#)

Schools and settings can add their own information to make it bespoke to them.

Don't forget: Specialist Community Advisors (SCA) can help and support with the development to make it comprehensive and relevant and offer advice.

Let's Chat Derbyshire



A campaign to encourage conversations, reduce isolation, support, and inform on mental health support and reduce stigma.

Across Derbyshire there are now over 1000 signs on benches to encourage people to sit down and have a chat. We have also created an online mental health toolkit with an array of resources from posters to social media posts which gets updated weekly.

- To order resources: <https://bit.ly/Letschatresources>
- To pop any bench signs or indoor signs on our map email luke.oldham@derbyshire.gov.uk
- The map has had over 22,000 views - <https://bit.ly/LetsChatMap>
- Follow us on social media @DCCMHSP Facebook, Twitter, Instagram and Thread. Your central location for mental health, suicide prevention and neurodiversity in Derby and Derbyshire.
- Online Resources - <https://bit.ly/DerbyshireMHToolKit>



Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing. These are: connect, be active, take notice, keep learning, and give. The problem is children often don't remember these.

We all need to maintain a healthy stress level and have the tools to support life's ups and downs. SMILERS is a memorable way for children to remember how to support their own wellbeing. Check out what SMILERS stands for and how schools are implementing SMILERS in their schools as part of a whole school approach.

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/smilers>

<https://deerpark.derbyshire.sch.uk/smilers.html>

<https://www.bolsover-inf.derbyshire.sch.uk/SMILERS/>

<https://www.stjosephscatholicprimaryvoluntaryacademy.co.uk/parents/smilers/>

<https://www.westhouses.derbyshire.sch.uk/pupil-voice/>

<https://www.st-andrewscofe.derbyshire.sch.uk/All-about-Mental-Health/>

If you would like to find out more contact: yvonne.wright@derbyshire.gov.uk



World Suicide Prevention Day 2023

The actions we're asking people to take is:

- Follow us on social media and share our posts throughout the week of World Suicide Prevention Day @DCCMHSP
- To check out our suicide prevention toolkit and share the resources: <https://bit.ly/DerbyshireSPToolkit>
- To complete the free 20 min E-Learning which will equip you to have conversations if someone is in distress <https://bit.ly/ZSASPTtraining>
- Take a look at the [Mental health first aid training webpage](#)



MH:2K Derbyshire's new report is now live! [Head to this link](#) to download and share the report.

All the research was designed and carried out by young people aged 14 – 25.