

Health and Wellbeing Board Tuesday, 23 May 2023, 2.00 pm, Council Chamber, County Hall

Agenda Supplement

Item No	Subject	Page No
7	Improving Mental Health and Wellbeing and preventing Suicide In Worcestershire - Slides	1 - 8





Worcestershire
Suicide
Prevention
May 2023





In the community





Adults

Local mental health support you can access today

In Herefordshire and Worcestershire



I want to keep a healthy mind.

Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy.



I'm struggling and have been for a couple of weeks.

Now We're Talking Access to self-help guides

Access to self-help guides and online courses. <u>www.</u> nowweretalking.nhs.uk

Qwell Free mental wellbeing support



I need urgent advice and support for myself or someone I know.

Call the free local NHS urgent mental health helpline:









Supporting the workforce

Orange Button Community Scheme

Did you know?

If you are having thoughts of suicide, or are worried about a friend or family member, you can talk to someone wearing an orange button.

They've had the training to help you.

If you're struggling to cope call the Herefordshire and Worcestershire Urgent Mental Health Helpline on 0808 196 9127, Or text SHOUT to 85258

#PreventSuicideTogether











Suicide prevention in the workplace

Free Online Sessions and Resource Hub.

Engaging men



<u>Delicious Orie - We're In Your Corner -</u> <u>Suicide Prevention - YouTube</u>



Tackling stigma

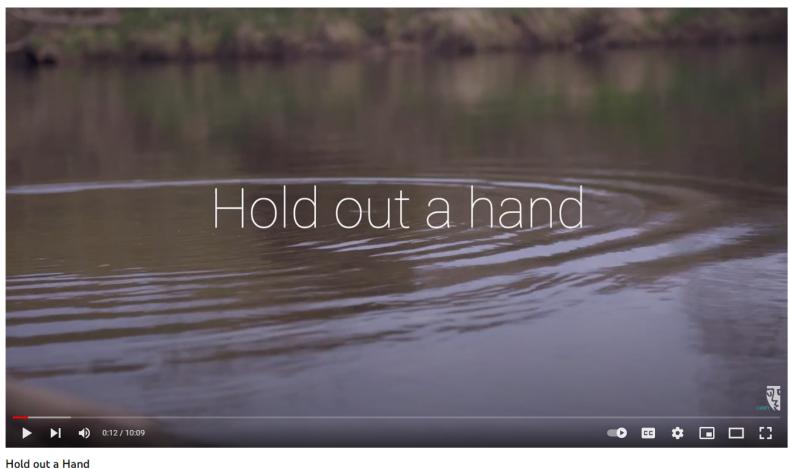






Tackling stigma

<u>Hold out a Hand - YouTube</u>















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Creating opportunities for help

"After a meeting I was approached by an attendee who was concerned about her niece, I gave her the Papyrus Hopeline number and the SHOUT text information." – OB wearer

"I reached out and got help

- TikTok user

I have been onto the online workplace hub to see what is available and it is a fantastic resource for business owners. I will be doing what I can to share this "go-to resource" in my current role to help with awareness and so keep up the good work its immensely valuable. – **Advisor**, *Federation of Small Businesses*

Glad I did it. Was apprehensive at first about looking at suicide etc. but I feel exhilarated to take my new knowledge into workplace and use it with staff and children. *Training recipient, member of school pastoral team*

Resources for support

If you've been affected by the topics raised in this presentation and discussion, support is available:

Support for those who have been bereaved or affected by suicide | Worcestershire County Council – support available locally and nationally around suicide bereavement

Now Were Talking Together To
Prevent Suicide | Healthy Minds
(hwhct.nhs.uk) – information
and support if you're
experiencing suicidal thoughts,
or are worried about someone
who is

<u>Downloadable resources</u>
<u>healthy minds Now We're</u>
<u>Talking | Healthy Minds</u>
(<u>hwhct.nhs.uk</u>) – Summaries of local mental wellbeing support
you can access

