

Each month we will be focusing on a different safeguarding theme to raise awareness and signpost to resources.



For May, our theme is
Mental Health Awareness



#mentalhealthawareness
#itsokaytotalk



Follow us on:



Or via email:

safeguardingpartnership@swindon.gov.uk



Mental Health

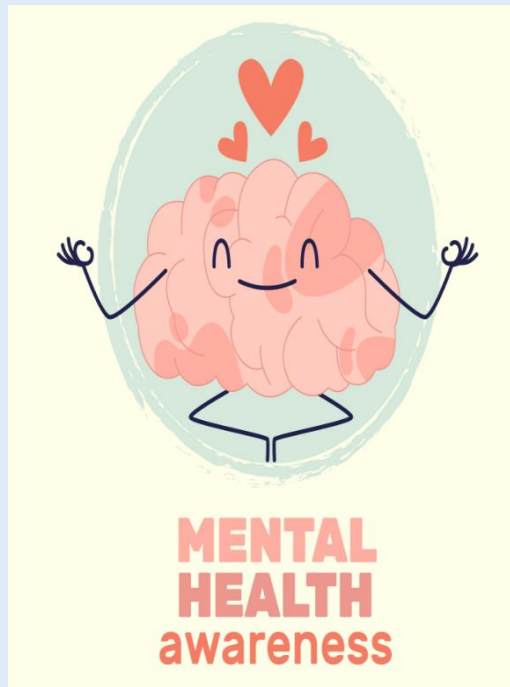


Image by Freepik

- This month we want to raise awareness about mental health.
- May is Mental Health Awareness Month.
- The 13th-19th May 2024 is Mental Health Awareness Week organised by the [Mental Health Foundation](#) – the theme is ‘Movement: Moving more for our mental health.’
- Swindon Safeguarding Partnership is supporting this initiative and we want to raise awareness about the information and resources available.
- Over the next few slides we have provided you with some links to useful resources and websites. Please note this is not an exhaustive list.
- Special thanks for assistance in developing this resource to Polly Simpkins and Richard Steptoe, Public Mental Health, Swindon. Judith Vosper, and Gareth Draper-Green, MIND Swindon & Gloucester.



#mentalhealthawareness
#itsokaytotalk



Contents

- [Mental Health](#)
- [Mental health – national facts, statistics and information](#)
- [Mental health – local facts, statistics and information](#)
- [Resources](#)
- [Useful video clips](#)
- [Talking about mental health and suicide](#)
- [Where to get support with your mental health](#)



Mental Health

- In many ways, mental health is just like physical health: everybody has it and we need to take care of it.
- Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.
- Mental health problems affect around one in four people in any given year. They range from common problems, such as [depression](#) and [anxiety](#), to rarer problems such as [schizophrenia](#) and [bipolar disorder](#).

Source: [What are mental health problems? - Mind](#)



Mental Health

One in four adults and one in 10 children experience mental illness, and many more of us know and care for people who do.

Source: [NHS England » Mental health](#)

Further information can be found [Mental health statistics: prevalence, services and funding in England - House of Commons Library \(parliament.uk\)](#)



Mental Health Facts and Statistics

How common are mental health problems?

- 1 in 4 people will experience a mental health problem of some kind each year in England [\[1\]](#).
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England [\[2\]](#).

Suicidal thoughts and self-harm aren't mental health diagnoses. But they are related to mental health.

- Over the course of someone's lifetime [\[2\]](#):
- 1 in 5 people have [suicidal thoughts](#)
- 1 in 14 people [self-harm](#)
- 1 in 15 people attempt suicide.
- Women are more likely to have suicidal thoughts and make suicide attempts than men [\[2\]](#). But men are 3 times more likely to take their own life than women [\[4\]](#).



Source: [Mental health facts and statistics - Mind](#)



Children and Young People



Explore Mental Health

Find out more about how rates of mental ill-health differ between men and women? Or the costs of mental health problems in the UK and around the world?

Below are a selection of the key statistics related to mental health, including statistics on:

- [diagnosed mental health conditions](#)
- [things that can affect your mental health](#)
- [groups of people and communities](#)



Source: [Mental health statistics | Mental Health Foundation](#)



Mental Health and Wellbeing in Swindon

Key facts on Mental Health and Wellbeing taken from the Joint Strategic Needs Assessment (JSNA) for Swindon – updated March 2024 - [PowerPoint Presentation \(swindonjsna.co.uk\)](https://swindonjsna.co.uk) *(this will go into your downloads folder)*

- An estimated 34,100 people (15.3%) in Swindon aged 16-74 years living with a common mental disorder (CMD), defined as any type of depression or anxiety.
- Data from GP registers indicates that in 2020/21, Swindon had 22,766 people with diagnosed depression (11.9% of adults), and over 2,000 of these were new diagnoses in the past year.
- Number of depression diagnoses in Swindon fell in 2019/20 and 2020/21, in line with the national trend. However, an ONS analysis of national trends in GP diagnosed depression in the adult population during the first wave of the pandemic compared to pre-pandemic levels showed that depression diagnoses as a percentage of all diagnoses increased slightly.
- Largest increases in new diagnoses were seen in people aged 45 years and older, people from the Chinese ethnic group, and among people living in the second most deprived areas. This may indicate that many people are not accessing medical help.
- In 2020/21, there were 10,500 people in Swindon in contact with NHS secondary mental health, learning disabilities and autism services, of whom 2% (195 people) required hospital admission. Approximately a third (34%) of these people were aged under 18.



Mental Health and Wellbeing in Swindon continued

- Over a three year period from 2018-2020, 52 people (aged 10+ years) died by suicide in Swindon. This is a rate of 9.1 per 100,000, similar to the England rate of 10.4 and slightly lower than the rate for the South West at 11.6. Of these, 78% were male.
- In 2020/21, there were 735 emergency hospital admissions in Swindon for intentional self-harm. This is a higher rate than other areas across the South West and England (340.7 per 100,000 compared with 249.4 and 181.2 per 100,000 respectively). Trends show that Swindon's rate has been consistently higher than England since 2010/11 with some fluctuations year on year. The rate peaked in 2018/19 at 407.0 per 100,000 but has dropped down since.



Mental Health and Wellbeing in Swindon continued

- Hoarding Disorder (HD) is a mental health condition where people may hold onto possessions that others may see as no longer useful. However, for the individual these possessions may be seen as a vital coping strategy. In some cases it can lead to living spaces becoming unsafe, unusable, present a fire risk, and even lead to eviction. The International Obsessive Compulsive Disorder (OCD) Foundation estimates that between 2%-6% of the population lives with HD.
- Based on Swindon's population estimates, this would translate to between 4,400 and 13,320 people. About 5% of these people are likely to come into contact with local authorities. Swindon Borough Council offers a long term support service for people impacted by self-neglect and hoarding and who feel able and willing to make a change.
- Speak to Live Well for more information - [Contact the Live Well Swindon Hub |](#)



Public Health – Mental Health updates

- Swindon Public Mental Health strategy and action plan (launched February 2023) details how public health will work together with stakeholders to promote and improve mental health.
- Key priority areas are;
 - **Suicide and self-harm prevention**, with a particular focus on children and young people: work with partners to identify the challenges, explore points of intervention and develop a joint approach to reduce self-harm and suicide in Swindon.
 - **Mental health in boys and men**: explore avenues to promote better mental wellbeing and support them to seek help.
- Progress to date includes:
 - **Swindon Locality Suicide Prevention and Self-harm meeting** - meets quarterly to provide leadership, oversight and partnership working to reduce the rate of suicide and self-harm within Swindon in line with national and local strategy and policy.
 - **Swindon Locality Suicide Prevention Action Plan** - the priority areas reflect those identified within the National Strategy – the above group are working through the actions in 2024/25, now the plan has been agreed.



Public Health – Mental Health Updates

- **BSW Suicide Prevention Refresh Strategy** – due for release shortly. Priorities identified are postvention and bereavement support services, suicide awareness raising and continued training of partners and collection of high quality, real-time suicide data across BSW. Middle aged men and younger aged adults were identified by the working group as priority groups.
- **Rethink – Swindon Suicide Bereavement service** - Swindon and Wiltshire Support after Suicide Service from Rethink Mental Illness commenced in Swindon in December 2023. Providing support to those of any age in Swindon and Wiltshire who are bereaved by suicide e.g. family, friends and people exposed to suicide e.g. witnesses, first responders, neighbours, colleagues and health and social care professionals. The service is free to access. [Swindon and Wiltshire Support After Suicide \(rethink.org\)](https://rethink.org)
- **QES Swindon real time suicide surveillance system and national and regional surveillance** – launched in June 2023 this system enables suspected suicides to be logged onto the system and each death discussed with partners to ascertain whether there are any commonalities, themes and if there are any preventative measures which could have been taken, areas of service improvement and good practice. SBC Public Health team are signed up to the national suicide surveillance dashboards and work with colleagues across the South West on Suicide prevention and surveillance.



Public Health – Mental Health Updates

- **Suicide prevention training** - SBC Public Health are developing a robust all age suicide prevention training package for professionals across the Swindon. Aim of the training is to upskill the local workforce to feel more confident in recognising and responding to adults and children who maybe experiencing suicidal ideation.
- **Men and Boys Mental Health** - Currently completing an audit of services in Swindon that exist to support the men and boy's mental health agenda. The aim of this is to enable us to identify any gaps in service provision across the system. A survey is being developed and focus groups for boys and men across Swindon will be taking place, so we can hear 'their voices' on how they can better be supported.



Public Health – Mental Health Updates continued

- **BSW Youth worker in Great Western Hospital** - BSW ICB have funding from NHS England for a 12-month pilot starting early 2024, designed to better support Children and Young People who present at hospital Emergency Departments and those admitted to Children's and Adults Wards and Paediatric Assessment Units with long term conditions who are displaying low-medium level poor mental health needs, concerns or issues. The objective is to provide youth workers across the 3 Acute hospitals in BSW – Great Western Hospital (GWH) being the acute hospital in Swindon. They will support the children and young people and be a link to longer term support available in the community.
- **Swindon Mindful Employers Network** - Commissioned by SBC, the provider, Business West, has re-launched the Swindon Mindful Employer Network. The events are aimed at promoting and improving mental health in the work place to businesses of Swindon. There are a series of events planned throughout the year with the next planned for [May 2024 see slide for further information](#). A Workplace Mental Health Toolkit is also in development with the intention of it being trialled by SBC and then disseminated to wider businesses to help support the mental health of their employees.
- **Reducing Self-harm** - BSW ICB mental health leads to set up a self -harm working group with Swindon Public Health representation. The purpose of this group will be to conduct a review in to hospital admission rates for self- harm in Swindon, as well as further data analysis, to understand in more depth the current high levels compared to the England average. Further strategies are to be developed to prevent self-harm, with a particular focus on children and young people.



Resources



"Movement: Moving more for our mental health"

Mental Health Awareness Week 2024 takes place from 13th to 19th May 2024 and the theme is "Movement: Moving more for our mental health"

The week aims to tackle stigma and help people understand and prioritise their and others' mental health.

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

Find out more:

- ✓ Toolkits and information on how to get involved and help raise awareness can be found here - [About Mental Health Awareness Week | Mental Health Foundation](#)
- ✓ [Mental Health Awareness Week 2024 – Mind](#)

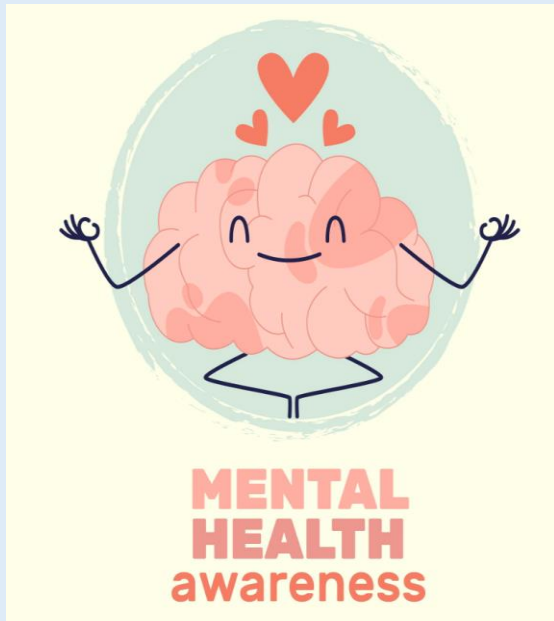


Image by Freepik



Mental Health and Employee Wellbeing Event

- ✓ We're welcoming mindful employers from Swindon and the local area to join us for crucial discussions surrounding mental health and employee wellbeing in the workplace. Helping them to foster an understanding, supportive and productive workplace for you and your employees.
- ✓ During our Swindon Mindful Employer Network series, which is a partnership between Swindon & Gloucestershire Mind, Swindon Borough Council & Business West we'll discuss different challenges and issues that employers might be faced with.
- ✓ There is an exceptional line up of speakers, alongside opportunities for yourself and businesses to engage in more formal conversations in a number of break out room sessions on the day.
- ✓ Speakers include:
 - ✓ **Beckett Frith** from National Mind, covering the topic of LGBTQI+ & Mental Health in the Workplace
 - ✓ **Karen Heaven**, Employee Health, Wellbeing and Inclusion Lead from Swindon Borough Council will be discussing the topic of menstrual health and menopause.
 - ✓ **Sara Bhavani** from Swindon & Gloucestershire Mind, speaking about Mental Health Awareness Week and this year's theme of movement.
- ✓ Online event is on **May 15th between 9.30am-11am** during Mental health awareness week

✓ Book your free place today: <https://bit.ly/3TAxvcY>



Useful Video Clips

Below are a sample of some short video clips to raise awareness:

- [What are mental health problems? \(youtube.com\)](#)
- [What is Mental Health? A video for mental health awareness \(youtube.com\)](#)
- [Check in on those around you | #WorldMentalHealthDay !\[\]\(746d018fdf6ab02bf5fb7681133e8b29_img.jpg\) #youarenotalone \(youtube.com\)](#)
- [Sometimes, all you need to do is pick up the phone #WorldMentalHealthDay – YouTube](#)
- [Unspoken \(2024\) - Mental Health Awareness Short Film \(youtube.com\)](#)
- [Safeguarding and mental health in schools | Mental Health Awareness Week \(youtube.com\)](#)



Talking About Mental Health and Suicide

Conversation Guide: Talking to someone about mental health

Spotting the signs of poor mental health - notice the changes

Physical symptoms	Behavioural symptoms	Emotional symptoms	Cognitive symptoms
<ul style="list-style-type: none"> Headaches Muscle tremors/ back ache Tight jaw/ grinding teeth Reduced heart rate/ faster breathing Changes in appetite Stomach problems Difficulty sleeping 	<ul style="list-style-type: none"> Avoiding and blaming others Eating more, eating less or comfort eating Using alcohol, substances or smoking Drugging up others Recovering more Accident prone Missing work Self-harm 	<ul style="list-style-type: none"> Irritable Angry Worried/anxious Angry Feeling overwhelmed Fear Shame 	<ul style="list-style-type: none"> Worrying about the past or future Racing thoughts Panic attacks Procrastinating Memory lapses/ forgetting things Difficulty making decisions Unable to think clearly

Do's and don'ts to having a supportive conversation

Do choose the right environment
 Consider who else is around and can potentially overhear the conversation. If an observer is present, you are responsible to show that observer privacy. Ask them where would you like to talk?

Do give your full attention and listen without judgement
 Offer reassurance that you are there to listen.

Don't assume you know the answers
 You're not expected to be an expert. If you don't know what to say, apologise that you don't know or aren't understanding their feelings. Listening and let them know you care.

Don't compare
 Sometimes we can draw up a story comparing their situation to someone else's. In some instances, they can also sometimes turn that story into a story rather than listening to them.

Don't challenge, ignore or invalidate
 Don't share your own situation or try to make the person feel better. If someone says they feel worthless, and we respond,

Do reflect back and clarify
 If someone says something that isn't clear that you don't know what they mean, repeat what you think you heard and ask them to repeat. Don't ask them to repeat their story for your own sake.

Do show empathy rather than sympathy
 Empathy is understanding someone's feelings. Sympathy is trying to see where the person is coming from. Sympathy usually involves pity. To say something like "That must be awful, I'm so sorry" instead of "I'm sorry for you".

Do empower the person
 Ask rather than tell. Instead of saying "You should do this" or "You should do that", ask "What would you like to do?" or "What would you like to try?"

Don't try to find an easy solution
 What would help someone else or what they would like to try? Be open to what they say and don't give advice as your first response.

Don't diagnose
 It's not a good idea to diagnose a mental health condition. You can't see inside someone's head, so you can't know for sure. It's best to let them talk about their feelings and let them know you're there to listen.

Learn more about mental health conditions

As a first point of call, you can also get further support. You can look up local GP practices that offer mental health services. They can provide help and support for you and your loved ones.

Find out more

Join Clic for free

Find support

Starting a conversation about someone's wellbeing can be difficult. There are some useful resources available to help you, such as the information above.

Find out more on this website [Talking about mental health at work - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org)

Conversation Guide: Talking about suicide

Warning signs and starting the conversation

How might you spot warning signs?

- Becoming anxious, irritable, or having mood swings
- Being more confrontational
- Acting recklessly
- Sleeping too much or too little
- Avoiding contact
- Having problems with work or studies
- Saying negative things about themselves

How could you talk to someone?

- Show you're listening by repeating their words back to them
- Ask about their reasons for doing and hoping their reasons for living
- Ask if they've felt like this before, and their feelings change left time
- Tell them you care and that they're not alone

How could you help?

- Encourage them to seek help that they are comfortable with, as a doctor, a counsellor, or a charity such as the Samaritans
- Follow up any commitments that you agree to
- Make sure someone is in immediate danger
- Get support for yourself

What won't help someone?

- Trying to find an easy solution
- Changing the subject
- Judging, censoring or blaming them
- To " cheer up", "pull themselves together", "man up" or "snap out of it"
- That they have no reason to feel like that
- That they should be grateful for having a good life
- That they're being silly
- This may make someone feel rejected, alone, misunderstood, guilty, patronised, or criticised
- Reassurance, respect and support will help

What you can do

Who would you talk to?

- List the people that you trust the most and their GP, and share the name of your GP. You can look up local GP practices that offer mental health services. They can provide help and support for you and your loved ones.

What could you do to help yourself when you're feeling low?

- Think about all the good things in your life, what are you looking forward to? These can be small wins
- Try to get through the day rather than focusing on the future, you may feel more able to cope in a few days
- What are the activities you enjoy which take your mind off what you're thinking

What things make you feel worse which you should avoid?

- Knowing and trying to do things that you know you can't do
- Being around people who are making you feel worse
- Being around people who are making you feel worse
- Being around people who are making you feel worse

Why not try this breathing exercise?

Sit on a chair or on the floor. Keep your back straight and your shoulders back. Close your eyes and focus on your breathing. Think about how your breathing feels.

For more information

How could you help someone stay connected?

- Discuss whether they feel safe to go to work or see people, or if they prefer to make contact through someone else
- Do they know any local community groups that they could join?
- Have they joined any online community groups that they could join?

Can suicide affect anyone?

Yes, though not everyone who has a mental health condition will experience suicidal thoughts. You can find out more information about prevalence in the UK, visit [mentalhealth-uk.org/suicide/](https://www.mentalhealth-uk.org/suicide/)

How could you encourage others in your community to help prevent suicide?

- Who can you pass this card on to?
- Will you share what you've learned today?
- Encourage people to sign up to the Samaritans' free awareness training

How might you support someone experiencing suicidal thoughts?

- Would you listen without judgement?
- Where can you sign up to the Samaritans' free awareness training to feel more confident?

© Mental Health UK, London, 2021. Registered Charity Number: 1138815



Where to get support with your mental health

There is some information and resources on this webpage [Mental wellbeing | Swindon Borough Council](#) and some links have been included in the next few slides.

Self help:

- [Healthwatch](#)
- [NHS Resources](#)
- [Book prescription scheme](#)
- [Beating the Blues](#)
- [The Anna Freud Centre](#)



Where to get support with your mental health

Local support for Adults (18+)

- [Lift Psychology](#)
- [IPSUM](#)
- [Twigs Community Gardens](#)
- [Olive Tree Cafe](#)
- [SOBS](#)
- [Swindon Mind](#)
- [The Samaritans](#)
- [Counselling Directory](#)
- [Citizens Advice](#) (financial/ debt advice and support)



Where to get support with your mental health

Local support for young people (0- 18 years)

- [Out of the Can](#) (LGBT only)
- [Prime Youth Theatre](#)
- [OnTrack youth counselling](#) (0 to 19 years)
- [Swindon Carers](#) (5 to 16 years)
- [Wiltshire Wildlife Trust](#) (5 to 18 years)
- [Wiltshire Treehouse](#) (5 to 16 years)
- [Swindon Mind](#)
- [IPSUM](#) (11 to 16 years)
- [The Dock Swindon – A one-stop shop for young people's support.](#)
- [Home - BeU Swindon](#)



Money and mental wellbeing

Money worries for older people

- Age UK Wiltshire
- Offers free information and advice on a wide range of subjects including:
 - health
 - social care
 - benefits
 - housing
 - consumer issues
 - local service and amenities
 - wills
 - power of attorney and signposting

For more information visit [Age UK Wiltshire](https://www.ageukwiltshire.org.uk) or contact:

Phone: 0808 169 2424

Email: enquiries@ageukwiltshire.org.uk



Worried about financial abuse?

- ✓ **Swindon Domestic Abuse Support Service** Offers specialist support to victims and survivors of domestic abuse living in Swindon. Support is tailored to meet each person's needs, including mental health, wellbeing, and financial needs. We understand the impact that financial and psychological abuse can have on mental health and personal finances. Services can be accessed via a 24 hour helpline 01793 610610 and at [Swindon Women's Aid](#).
- ✓ **Women's Aid** - National charity working to end domestic abuse against women and children. For more information visit [Women's Aid](#).
- ✓ **Men's Advice Line** - National support for male victims of domestic violence, which offers telephone, email and web chat support. For more information visit the [Men's Advice Line](#).



Suicide where there is domestic abuse

Reminder!

- Where a victim has taken their own life (suicide) and the circumstances give rise to concern, for example it emerges that there was coercive controlling behaviour in the relationship, or if the victim has been discussed at MARAC consideration for a domestic homicide review should be undertaken.
- Even if a suspect is not charged with an offence or they are tried and acquitted.
- Reviews are not about who is culpable. Consideration should be given to a joint review where there is a safeguarding concern relating to adults or children or a mental health review.
- Further information can be found on the:
 - [DHR Statutory Guidance](#)
 - [Local Child Safeguarding Practice Reviews and Case Learning leaflets - Swindon Safeguarding Partnership](#)
 - [Safeguarding Adult Reviews \(SAR's\) - Swindon Safeguarding Partnership](#)
- Further information can be found in the practice brief [Domestic abuse within families - learning from reviews - Swindon Safeguarding Partnership](#)



NB local protocols are currently being updated in relation to DHRs.



Pregnancy in Mind Information - NSPCC

The screenshot shows a Padlet board with four cards. The first card, titled 'WE ARE HAVING A BABY', describes Pregnancy in Mind as a preventative mental-health service for parents-to-be at risk of anxiety and depression. The second card, 'What is Pregnancy in Mind (PiM)?', explains it as an 8-week group work programme. The third card, 'Want to make a referral?', lists who can refer and how. The fourth card, 'Dads and partners', addresses the needs of fathers and partners.

WE ARE HAVING A BABY

Pregnancy in Mind is a preventative mental-health service designed to support parents-to-be who are at risk of, or currently experiencing, mild to moderate anxiety and depression during their pregnancy.

It is an antenatal group intervention delivered by professionals after the first trimester of pregnancy. Parents-to-be are

What is Pregnancy in Mind (PiM)?

PiM is a 8-week group work programme for mothers, fathers and partners. We also offer 2 individual postnatal wellbeing sessions.

Want to make a referral?

We welcome self-referrals from mums, dads, partners and non-birthing parents. We also accept referrals from professionals.

Most people can be referred to PiM, we want to make sure we can offer the best support to individuals, couple and families co-parenting.

Dads and partners

We are aware that dads and partners can sometimes feel excluded from pregnancy services.

We feel it is important that we are aware of our service so that they can access PiM in their own right as well as a support.

If you are a professional referring, we ask that you

- Pregnancy in Mind is a preventative mental-health service designed to support parents-to-be who are at risk of, or currently experiencing, mild to moderate anxiety and depression during their pregnancy.

- Further information can be found via the websites below:
- [Pregnancy in Mind | Parental mental health service | NSPCC Learning](#)
- [Further information can be found on this webpage NSPCC Pregnancy in Mind \(PiM\) Information \(padlet.com\)](#)

National Resources

- [Mental Health Awareness Week 2024 \(rethink.org\)](https://rethink.org)
- [Mental Health Awareness Week - School of Kindness](#)
- [Mental Health Awareness Week | Mental Health Foundation](#)
- [Mental health awareness days - Mental Health UK \(mentalhealth-uk.org\)](#) including a range of [Downloadable resources - Mental Health UK \(mentalhealth-uk.org\)](#)
- [Conversations about Struggling with Suicidal Thoughts | SOS Silence of Suicide](#)
- [Mental health - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Home – Mind](#)
- [Useful resources – Mind](#)
- MHFA England - [Mental health training online and face to face](#) . MHFA England
- CALM mental health and men - https://www.thecalmzone.net/?gad_source=1&gclid=EAlaIQobChMI2r-mtZ3LhQMVD5VQBh2CIQLyEAAYASAAEgII0fD_BwE
- [Mental Health Support Hub | Self Harm, Anxiety, Depression | The Mix](#)
- Dr Jessica Taylor has launched [Life Experiences Reflection Tool by Dr Jessica Taylor \(outgrow.us\)](https://outgrow.us) to help you understand your mental health, trauma, life experiences, and coping styles.



Resources for Young People

- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Mental Health Resources For Children and Young People | YoungMinds](#)
- [Student Minds – Home](#)
- [Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 \(giveusashout.org\)](#)
- [WEBSITES | CAMHS Resources \(camhs-resources.co.uk\)](#)
- [Promoting and supporting mental health and wellbeing in schools and colleges - GOV.UK \(www.gov.uk\)](#)
- [Mental health resources for schools | Place2Be](#)
- [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)



Resources

Free eLearning

- ✓ [Suicide prevention awareness - Swindon Safeguarding Partnership](#)
- ✓ [Suicide prevention awareness - 'Suicide - Let's talk' - Swindon Safeguarding Partnership](#)

SSP Practice Briefs

- ✓ [Support for adults in Swindon experiencing suicidal ideation - Swindon Safeguarding Partnership](#)
- ✓ [Trauma-informed practice learning from reviews - Practice brief - Swindon Safeguarding Partnership](#)



Email signature

If appropriate please add the text below to your email signature

Swindon Safeguarding Partnership's Theme for May 2024 is
Mental Health Awareness

Find out more by visiting the [SSP website](#) or follow us on

 @SwindonSafegua1

#mentalhealthawareness

#itsokaytotalk



And finally...

Please let us know if the information and resources have been helpful to you.

You can give us your feedback by clicking on the link below or scanning the QR code.

It will take you two minutes!

Link to feedback form:

<https://forms.office.com/e/z5D1vwrtcZ>

