

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

#itsokaytotalk



For May, our theme is

Mental Health Awareness



#mentalhealthawareness
#itsokaytotalk



Follow us on:



Or via email:

safeguardingpartnership@swindon.gov.uk



Mental Health

- This month we want to raise awareness about mental health as May is Mental Health Awareness Month.
- Mental Health Awareness Week organised by the Mental Health Foundation will take place from **12 to 18 May 2025**.
- The theme for 2025 is '**Community**' to celebrate the power and importance of community' further information/resources can be found via this link [Mental Health Awareness Week | Mental Health Foundation](#)
- Swindon Safeguarding Partnership is supporting this initiative and we want to raise awareness about the information and resources available.
- Special thanks for assistance in developing this resource to Polly Simpkins and Lydia Jordan, Swindon Public Health team.
- 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.



#mentalhealthawareness
#itsokaytotalk



Contents

The links below will assist you to navigate this document and to identify what information is most relevant for you/your agency /service.

- [Mental Health](#)
- [Mental health – national facts, statistics and information](#)
- [Mental health – local facts, statistics and information](#)
- [Local Resources and Support](#)
- [National Resources](#)
- [Useful video clips](#)
- [Talking about mental health and suicide](#)
- [Where to get support with your mental health](#)
- [Email signature](#)
- [Feedback](#)
- [Circulation list](#)



Warning! Regarding the themes and content in this resource – please take care of yourself.



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
Caution on these figures - the true numbers are probably higher than these figures show. Please refer to the website for further information.

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 | Swindon Borough Council](#)



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 have been working through the actions in 2024/25. SBC Public Health officers have also played an integral role in shaping system-wide strategies, contributing to the development of the refreshed Bath, Swindon and Wiltshire Integrated Care Board (BSW ICB) Suicide Prevention Strategy and the wider BSW ICB Mental Health Strategy in 2024.



Public Health – Mental Health Updates

- **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). Rethink Mental Illness representatives attend the Swindon Suicide and Self harm Prevention Strategic Group providing regular updates on service delivery and play an important role in our system-wide actions.
- **QES Swindon real time suicide surveillance system and national and regional surveillance** – launched in June 2023 this system enables multi-agency work to understand, address and reduce suspected suicides through collating data across partners. SBC Public Health officers are also signed up to the national suicide surveillance dashboards and work with colleagues across the South West (SW) on Suicide prevention and surveillance, sharing best practice.
- The **Swindon Suicide Cluster Response Procedure** was developed in November 2024. The procedure is a single reference and signposting tool for how, as a system, Swindon will respond to a death by suicide or suspected suicide and the response that will be stood up to de-escalate potential suicide clusters in or connected to Swindon. This plan provides Swindon partners guidance to manage or contain an actual or potential suicide cluster or contagion.



Public Health – Mental Health Updates

- **Suicide prevention training** - [Papyrus UK Suicide Prevention | Prevention of Young Suicide](#) were awarded the contract to run a series of sixteen suicide prevention training courses between September 2024 and January 2025.
- The courses have been attended by a range of local partner agencies, SBC colleagues, voluntary sector, NHS and social care staff, schools, police, youth workers and night time economy colleagues.
- Over 300 individuals have been trained in suicide awareness and support. SBC Public Health and Papyrus have followed this with setting up a network of quarterly meetings, to share best practice and continue building local knowledge and skills.



Public Health – Mental Health Updates

- The **mental health of men, young men and boys** has been a particular focus of early intervention, support, advice and preventative mental health projects in Swindon throughout 2024.
- This included to develop a detailed action plan for improving mental health for these groups, SBC Public Health have complete a range of engagement events. These included a boy's mental health survey distributed to secondary school, a series of focus groups with boy's aged between 10-16 years and the delivery of a Boy's Mental Health Summit in November 2024. This Summit was a partnership event attended by over 90 individuals from a range of local and regional organisations and focused on sharing findings from engagement work and table-top partnership worktop exercises to collaborate on how best boys could be supported in Swindon.
- A final report for this particular workstream was shared in February 2025, including a proposed action plan and next steps – the recommendations will feed into the Children and Young People's strategy which is currently in development. It is the aim of SBC public health officers to replicate the same engagement process throughout 2025 focussing on men's mental health in Swindon. A plan and specific timelines are currently in development with wider system partners.
- Development of a **barbershop project** is also underway, aiming to provide local barbers across Swindon with mental health awareness training to support in signposting and holding supportive conversations with men and boys in Swindon.



Public Health – Mental Health Updates continued

- **Swindon Mindful Employers Network** - collaboration between Business West, SBC and Swindon and Gloucester Mind have also facilitated a series events to promote good mental health in the workplace throughout 2024. The aims of the network are to improve the mental health of the workforce in Swindon through positive working practices and tackling the stigma and discrimination associated with mental ill-health. 187 employers from in and around Swindon attended these events. The contract has now been extended for a further 24 months to support a series of 8 in-person events, with a specific targeted engagement plan for construction-led companies employing white middle-aged men, a group at high risk of poor mental health outcomes. Details of the next planned event in June can be found here - [Swindon Mindful Employer Network - June 2025 | Business West](#)
- SBC Public Health officers have progressed work to develop a robust dashboard to understand **self-harm and poor mental health among children and young people**. This now includes secondary care and A&E attendances related to self-harm. SBC Public Health are currently working with the BSW ICB to link primary care data into this dashboard to support the early identification of any concerns. The dashboard is currently in development and will be shared by May 2025. Work has also taken place to evaluate strategies to prevent self-harm, with a particular focus on children and young people (CYP) with a recommendation for a local approach.



Local Resources/Support





Virtual Dementia Bus Experience

Monday 19th May

1 hr sessions
2.30pm & 3.30pm
Cost: £15 (a discounted rate)
Venue: Wat Tyler House,
Beckhampton Street, Swindon SN1 2JG.

Want to really know
what it is like for people
living with dementia?

Care provided for a loved one living with dementia.

We at Home Instead Swindon & Vale of White Horse want more people to understand better the challenges people with dementia face.

The Virtual Dementia Tour Bus gives a unique chance to experience what it's really like to live with dementia, taking place on a specially designed bus which scientifically simulates the sensation. This helps us understand those with dementia better and improves the way we interact with them whether we are family, friends or care professionals.



To book contact: Cat Attewell,
cat.attewell@homeinstead.co.uk
tel 01793 232585

Swindon WOW Guide is a directory of groups and events in the area suitable for older people and those living with a condition. The current version of Swindon WOW Guide can be found at: www.homeinstead.co.uk/swindon/swindon-wow-guide/ A new update will be issued at the end of April.

Virtual Dementia Bus Experience, Monday 19th May: Coming to Swindon. This is a scientifically proved experience which simulates what it is really like to have dementia. It is an opportunity for anyone wishing to gain a deeper understanding of what dementia is like. Find out more via this link - [Dementia Bus To Visit Swindon! | Home Instead](#)

Ageing Well Festival Saturday 17th May, 1-4pm: Hosted at the Bowl, Old Town Gardens, Swindon. Free afternoon event organised by Swindon Borough Council. Aims to bring older people and carers together to celebrate and explore activities that support mental health, wellbeing, and reduce isolation. Further information can be found on this webpage [Events from 21 February 2022 – 16 April 2022 – South Swindon Parish Council](#)



AGEING WELL
FESTIVAL

FREE ENTRY

SATURDAY 17TH MAY 2025
13:00-16:00
Town Gardens Bowl
Swindon, SN1 4EX

Parking available at
Commonweal School
The Mall, Swindon SN1 4JE

An afternoon of connection and wellbeing!

Join us for a special event bringing older people and carers together to celebrate and explore activities that support mental health, wellbeing, and reduce isolation.

No booking required, just come along!

Experience taster sessions of:

- Singing for the Brain
- Art Therapy & Mindfulness
- Park Yoga
- Breathwork
- ...and more!

For any questions please email:
publichealth@swindon.gov.uk



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.
- ✓ The next event offers insights and practical strategies from expert speakers to better support LGBTQ+ and neurodiverse employees, while also recognising and highlighting PTSD in the workplace
- ✓ Speakers include:
 - ✓ **Megan Patel, from S&G Mind** will discuss LGBTQ+ in the workplace and report on a focus group from feedback about inclusivity.
 - ✓ **Rob Curtis, from The Pursuit Agency** will join us to provide his insights and experience on neurodiversity in the workplace as a business owner.
 - ✓ The event is on 4th June between 9.30am-11am at the Workshed, Swindon.
- ✓ Book your free place today: [Swindon Mindful Employer Network - June 2025 | Business West](#)





Neurocircle


Fourth Friday of every month during term-time
9:30 - 11:30am

In person: The Junction, Town Hall | Online: Teams

Neurocircle is a space for the friends, family, and carers of neurodiverse people to learn more about neurodiversity. It is an opportunity to expand your understanding of neurodiversity and talk to other people who have a neurodiverse loved one.

The sessions will vary from month to month, including guest speakers and open discussions. All are welcome to drop-in. Guest speaker sessions will require you to register via Eventbrite.

Upcoming Sessions:

	This month	Next month
Date	Friday 25 th April 9:30-11:30am	Friday 23 rd May 9:30-11:30am
Topic	Drop in	

Neurocircle, a
new support
group for those
caring for people
with
neurodiversity.

To find out
more click
on this link:
Walk N Talk
Wednesdays
- Best Mates



A vertical poster for "Walk 'N' Talk" events. The background is a photograph of a lake with a white bridge in the distance. At the top, there is a logo for "#wegetya Best Mates" featuring two stylized figures. Below this, the text "Walk 'N' Talk" is written in large, bold, blue letters with a white outline. Underneath, "Wednesday Swindon" is written in a smaller, red font. A red banner with white text reads "EVERY WEEK MEETING @ 6PM" and "JUST TURN UP AND MEET NEW PEOPLE". Below this, a dark blue banner with white text reads "Coate Water Café, Coate Water Country Park" and "Marlborough Rd, Swindon SN3 6AA". The main text of the poster asks "Are You or Someone You Know Going Through a Tough Time?". Below this, there are two columns of text. The left column says "Join us for an open and supportive discussions, where we can share experiences, offer guidance, and explore ways to navigate tough times together." The right column says "No matter what you're going through, there's always someone ready to listen and help. Or simply go for a walk." Below this, a white banner with black text reads "These events are FREE to attend and aimed to make your life better, all you need to do is take the first step". At the bottom, there are four icons in a row: a globe, a telephone, a house, and a person. Each icon is followed by text: "WWW.BESTMATES.ORG", "0300 303 6283 '0300 303 MATE'", "CONTACT@BESTMATES.ORG", and "5 CALLENDERS, PADDINGTON DRIVE, SWINDON, WILTS. SN6 7YW". On the right side of the poster, there is a circular logo for "HEADSTART SKILLZ" with a colorful, multi-colored design inside. At the bottom of the poster, it says "Kindly Sponsored by our Best Mates over at".



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](#)
- [Beating the Blues](#)
- [The Anna Freud Centre](#)



Local Resources

- Home - BeU Swindon
- Second Step provides a range of support services to help individuals with their mental health and wellbeing. You can find more details on the support available in Swindon here: BaNES Swindon and Wiltshire Partnership | Second Step | Mental Health Charity
- Swindon | Oxford Health CAMHS
- CAMHS - Resources | Oxford Health CAMHS for parents/carers



Where to get support with your mental health

Local support for Adults (18+)

- Second Step
- Lift Psychology
- IPSUM
- PAPYRUS
- Twigs Community Gardens
- 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)
- PAPYRUS
- The Dock Swindon – A one-stop shop for young people's support.
- Home - BeU Swindon



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 – see also update regarding renaming Domestic Homicide Reviews to Domestic Abuse Related Death Reviews following calls to better recognise deaths from domestic abuse related suicide Fatal domestic abuse reviews renamed to better recognise suicide cases - GOV.UK
 - 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.



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



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](#)

Recorded webinar: DA Victim and Perpetrator Suicide Webinar – link to access [DA Victim and Perpetrator Suicide Webinar](#) (duration 25 minutes)



National Resources



The Power and Importance of Community

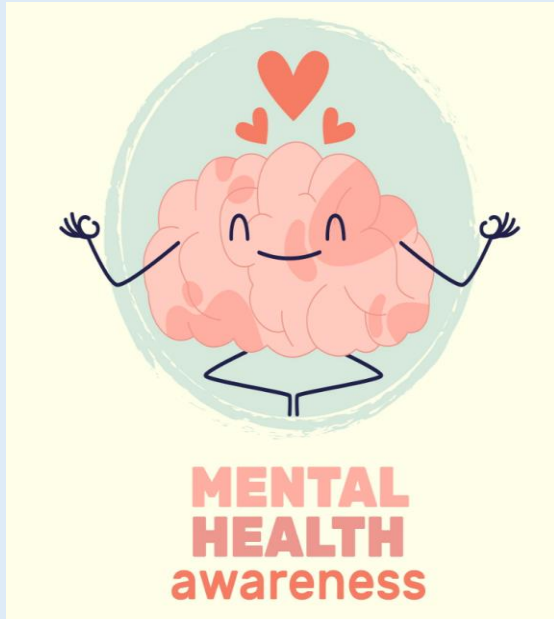


Image by Freepik

- Mental Health Awareness Week will take place from **12 to 18 May 2025**.
- The theme is '**Community**', and we want to use Mental Health Awareness Week to celebrate the power and importance of community.
- Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. **Communities** can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.

Find out more:

- ✓ Resources: [Resources for Mental Health Awareness Week 2025 | Mental Health Foundation](#)
- ✓ [Tips PDF - A4 - English](#)



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 !\[\]\(6e19c8fcd8dfbfe55e8ab80958cb16da_img.jpg\) !\[\]\(6ab916a4664a7e84fe28d6d8b105da90_img.jpg\)](#)
[#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">HeadachesShaking/tremor/ back acheTight jaw, grinding teethRapid heart rate/ faster breathingChanges to appetiteSleeping problemsDifficulty sleeping	<ul style="list-style-type: none">Avoiding and blaming othersEating more, eating less or comfort eatingUsing alcohol, substances or smokingDrugging at othersIncreasing moneyAccident proneMaking plansSelf harm	<ul style="list-style-type: none">IrritableAngryWorried/anxiousFeeling overwhelmedFearShame	<ul style="list-style-type: none">Worrying about the past or futureRacing thoughtsPanic attacksProblems concentratingMemory lapses/ forgetting thingsDifficulty making decisionsUnable 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 environment is not suitable for you, you may need to move to a more private place. Ask them where they would prefer 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, it's okay to say you don't know. Ask them how they feel and what they need. Listen and let them know you care.

Don't challenge, ignore or invalidate
Don't share your own stories or try to make the person feel better. If someone says they feel worthless and we respond, "I'm fine" response.

Do reflect back and clarify
If someone says something that isn't clear, ask them to repeat it. Ask them to repeat it. Ask them to repeat it. Ask them to repeat it.

Do show empathy rather than sympathy
Sympathy is feeling sorry for someone. Empathy is feeling with someone. Show that you're trying to see where the person is coming from.

Don't try to find an easy solution
What would help? What would help? What would help? What would help?

Don't diagnose
Only a professional can diagnose a mental health condition. Don't try to diagnose someone. Only a professional can diagnose a mental health condition.

Signposting

Learn more about mental health conditions

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
- Feeling more withdrawn
- 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?

- Empathise with them and encourage them to talk about their feelings
- Tell them you care and that they're not alone

How could you help?

- Encourage them to seek help that they are comfortable with, a doctor, a counsellor, or a charity such as the Samaritans
- Follow up any commitments that you agree to

What won't help someone?

- Trying to find an easy solution
- Changing the subject
- Judging, criticising 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 think of what you can do to help them
- Share the place you feel safe, it may be your home, a friend's house, a library, or know to go to A&E if you need immediate help

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 stay away from people or places that trigger your feelings or stress levels
- They're different for everyone, but it could be certain music, photos or things and avoid what are yours
- Sometimes it's helpful to share them with your family and friends

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 it's time to call or see people, or if they prefer to make contact through someone else
- Do they have any local community groups that they could join?
- Find out if there are any online community groups that they can join

Can suicide affect anyone?

Yes, though most people who die by suicide are not violent towards others. Suicide can affect anyone. 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?

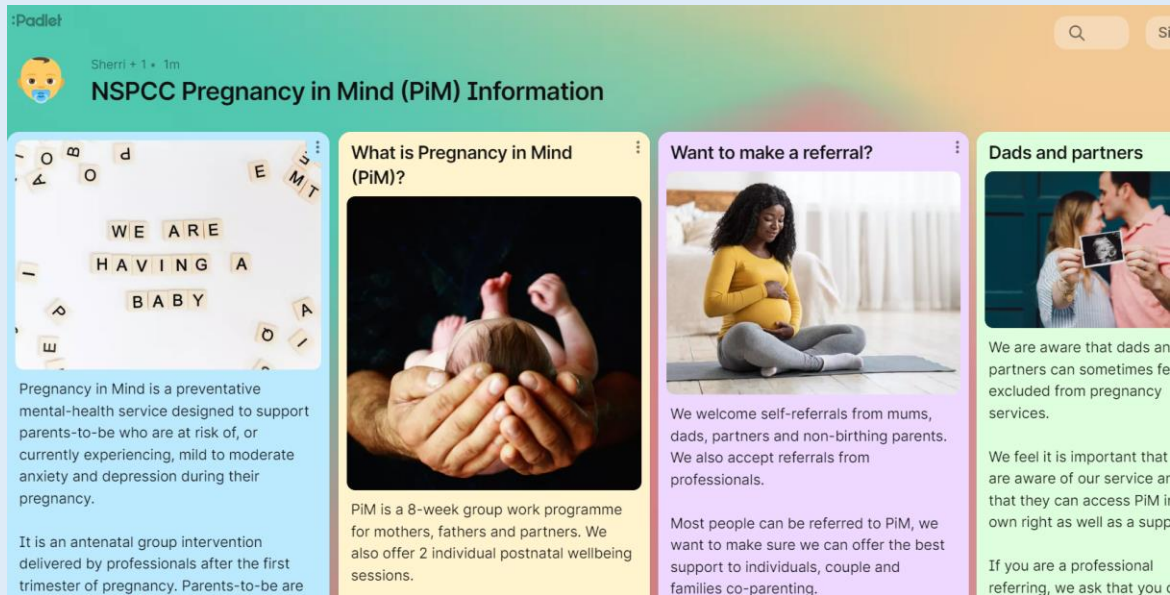
- Who can you pass this card on to?
- Tell you share what you've learned today
- Encourage people to look after their own mental health

How might you support someone experiencing suicidal thoughts?

- Would you listen without judgement?
- Where can you signpost them to further support?
- How do you feel about mental health? What's your attitude to it?



Pregnancy in Mind Information - NSPCC



- 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 \(www.nhs.uk\)](https://www.nhs.uk)
- [Every Mind Matters - NHS \(www.nhs.uk\)](https://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.



National Resources

- The Stay Alive app by Grassroots Suicide Prevention - Grassroots Suicide Prevention
- April was Stress Awareness Month promoted by the Mental Health Foundation - further information and resources How to manage and reduce stress | Mental Health Foundation
- Advice for parents worried about issues raised in Netflix's show Adolescence | Mental Health Foundation



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 \(papyrus-uk.org\)](#)



Email signature

If appropriate please add the text below to your email signature

Swindon Safeguarding Partnership's Theme for May 2025 is

Mental Health Awareness

Find out more by visiting the SSP Events webpage

[Events - Swindon Safeguarding Partnership](#)

or follow us on

@SwindonSafegua1

X #mentalhealthawareness
#itsokaytotalk

#itsokaytotalk



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or scanning the QR code.



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