

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

#itsokaytotalk



#mentalhealthawareness  
#itsokaytotalk

For May, our theme is

**Mental Health Awareness**

Follow us on:



Or via email:

[safeguardingpartnership@swindon.gov.uk](mailto: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 **11<sup>th</sup> to 17<sup>th</sup> May 2026**.
- The theme this year is '**action**' - asking people to take action to support good mental health. Even small actions can help us feel hopeful and less powerless. And while our individual actions matter, when we come together, we are even more powerful.
- Access information/resources via this link Mental Health Awareness Week
- Swindon Safeguarding Partnership is supporting this initiative, and we want to raise awareness about the information and resources available.
- Thanks to Polly Simpkins and Lydia Jordan, Swindon Public Health team in developing this resource.
- 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.



# 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 and Wellbeing in Swindon](#)
- [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](#)

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



# 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 5 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.

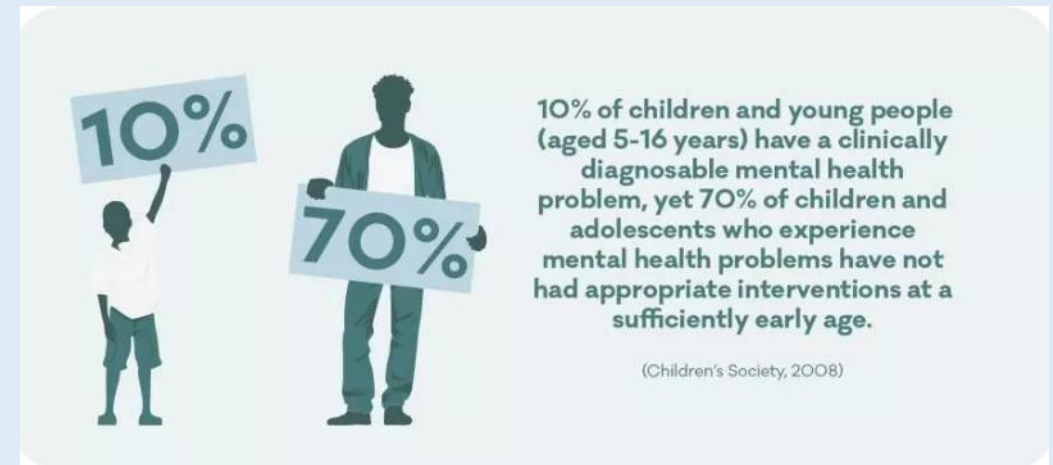
- Over the course of someone's lifetime [\[2\]](#):
- 1 in 4 people have [suicidal thoughts](#)
- 1 in 10 people [self-harm](#)
- 1 in 13 people attempt suicide.
- Women are more likely to have suicidal thoughts and make suicide attempts than men [\[5\]](#). But men are 3 times more likely to take their own life than women [\[6\]](#).

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

We take a life-course approach to mental health because good mental health begins in infancy.

- 20% of adolescents may experience a mental health problem in any given year.<sup>1</sup>
- 50% of mental health problems are established by age 14 and 75% by age 24.<sup>2</sup>
- 10% of children and young people (aged 5 to 16 years) have a clinically diagnosable mental problem<sup>3</sup>, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.<sup>4</sup>



# 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](#)

# Mental Health and Wellbeing in Swindon



# Key Facts on Mental Health and Wellbeing in Swindon

Information is taken from the Joint Strategic Needs Assessment (JSNA) for Swindon – updated March 2024 - [PowerPoint Presentation \(swindonjsna.co.uk\)](http://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.

# Key Facts on Mental Health and Wellbeing in Swindon continued

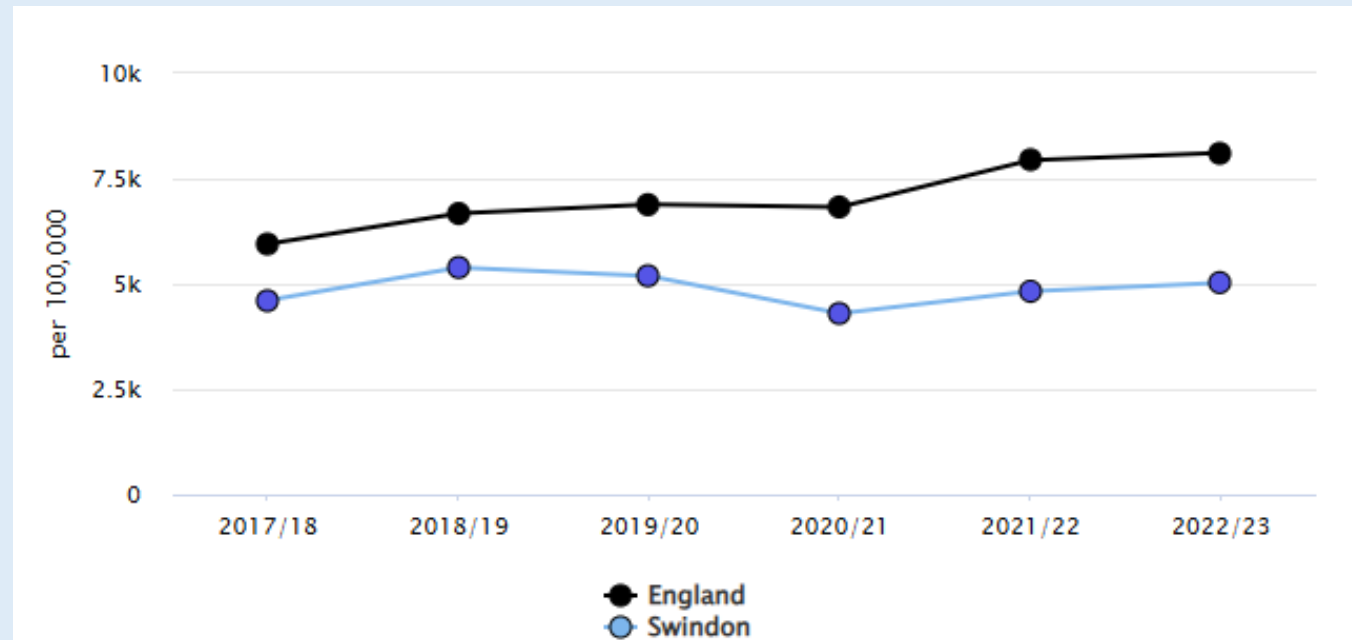
## Suicides prevention:

Between 2022 and 2024, 48 people aged 10 years and over died by suicide in Swindon. This equates to a rate of 7.6 per 100,000 population, which is lower than both the England average (10.9) and the South West rate (11.8). Of these deaths, 81% were males.

## New referrals to secondary mental health services, per 100,000 (All ages):

Swindon's secondary mental health referral rates mirror national trends, peaking in 2018/19, falling, then rising again after 2020/21, likely linked to COVID-19.

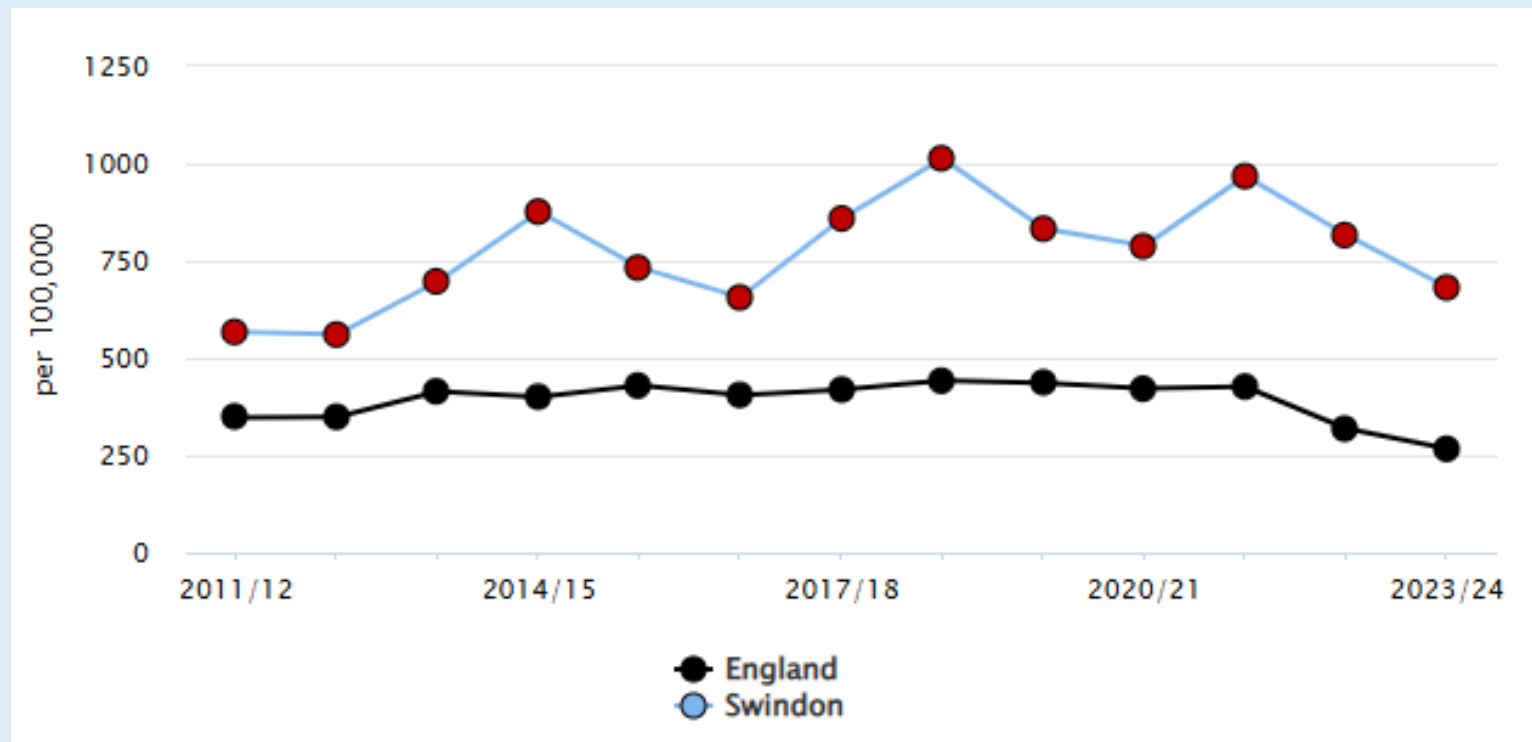
England's latest rate is now at its highest.



# Key Facts on Mental Health and Wellbeing in Swindon continued

## Hospital admissions as a result of self-harm (10 to 24 years):

Self-harm hospital admissions remain higher in Swindon than the England average but have fallen since peaking in 2021/22 (967.7 per 100,000). The latest rate in 2023/24 is 681.4 per 100,000, indicating a downward trend.



# Key Facts on 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](#)
- A self-neglect and hoarding support group takes place the first Tuesday of every month at Sanford House 7-9pm.

# Key Facts on Mental Health and Wellbeing in Swindon continued

- **Swindon and Gloucestershire (S&G Mind) – new suicide bereavement service:**
- Swindon and Wiltshire Support after Suicide Service from S&G Mind commenced in Swindon in October 2025.
- 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: [Suicide Bereavement Support](#).
- S&G Mind 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.

# 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

- 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 to now and continuing into 2026.
- 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 have fed into the Children and Young People's strategy which is currently in development.

# Public Health – Mental Health Updates

- In 2025, we consulted with adult men across Swindon through a survey to better understand current mental health needs and the barriers men experience in accessing support. Nearly 250 men responded.
- Building on this engagement, a Men's Mental Health Summit was held on 30 April, bringing partners together to jointly develop a system-wide Men's Mental Health Action Plan. Alongside this, we are working with local community groups to coordinate a programme of activities across the town aimed at supporting men's wellbeing.
- View the timetable here:
- [https://www.swindon.gov.uk/info/20024/health\\_and\\_wellbeing/214/mental\\_wellbeing/3](https://www.swindon.gov.uk/info/20024/health_and_wellbeing/214/mental_wellbeing/3)

# Public Health – Mental Health Updates

- **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 2025 and into 2026.
- 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.
- Details for this year's events can be found here: <https://bit.ly/SMEN-Event>

# Public Health – Mental Health Updates

- 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**. Now includes secondary care and A&E attendances related to self-harm.
  - currently working with the BSW ICB to link primary care data into this dashboard to support the early identification of any concerns and support . The dashboard is currently in development and will be shared by June 2026.
  - 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.
- SBC Public Health are collaborating with WAY UK (Swindon) who are leading on creating a safe and empowering platform for young people to share their **lived experiences of self-harm**. This initiative aims to identify earlier interventions that young people feel could have helped support them with their mental health and to provide suggestions for a sustainable support program for children and young people.
- **Self harm awareness training** to commence May 2026 aimed at professionals, delivered by the provider Harmless (dates to be advertised shortly).
- **Self harm pathway** developed and being utilised by the Swindon School Nursing team.

# 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.

# Men's Mental Health Roadshow 2026

- Mental Health Awareness Week runs from 11 to 17 May 2026.
- We are working with community groups across Swindon to highlight free activities that support men's mental health.
- You can try a new hobby, meet people and explore local groups. Activities include lawn bowls, cookery, board games, carpentry and more.
- Find out more via this [link](#)



**MEN'S MENTAL HEALTH ROADSHOW**

**MENTAL HEALTH AWARENESS WEEK  
11TH-17TH MAY 2026**

**This Mental Health Awareness Week, we're teaming up with fantastic community groups across Swindon to showcase the brilliant activities available for men to get involved in.**

From **lawn bowls** to **cookery** and **board games** to **carpentry**, there's something for everyone. Scan the **QR code** to explore everything happening during the week and discover a new hobby.  
Or go to the **Central Library** to view the timetable for the week.



**For any questions, please contact: [ljordan@swindon.gov.uk](mailto:ljordan@swindon.gov.uk)**



All sessions are **FREE** and you can simply turn up on the day unless otherwise stated

**GET SWINDON active** **SECONDSTEP** PUTTING MENTAL HEALTH FIRST



**SWINDON**  
BOROUGH COUNCIL



**Swindon Safeguarding Partnership**

# 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:
  - Marmalade Trust - Tara Fisher (Chief Operating Officer)
  - Swindon and Gloucestershire Mind, Lynette Bluebird (Mental Health Trainer)

Date: **Wednesday 6<sup>th</sup> May 2026 starting at 09:30 AM at Lydiard Park Hotel, SN5 3PA**

Book your free place today: <https://www.businesswest.co.uk/events/swindon-mindful-employer-network-may-2026/>



# Local Resources and Support



# BeU SWINDON

Free Mental Health Service for Children and Young People



# Who are BeU Swindon?

BeU Swindon operate the Single Point of Access (SPA) for all CYP Emotional Well-Being & Mental Health support for Swindon.

At BeU, we provide free mental health support in Swindon to young people and children.

BeU works closely with schools, families, and local organisations to make mental health support in Swindon accessible for every young person. Whether you're a parent seeking guidance, a young person looking for support, or a professional eager to collaborate, our doors are always open.

**BeU SWINDON**



# What does Be U Swindon offer?

1

SPA - Triage, advice, guidance and signposting

2

Mental Health School Teams (MHST) - 1-1 Low Intensity Cognitive Behavioural Therapy (LICBT) interventions

3

Whole School Approach

4

Group Work

5

1-1 Counselling – Community offer

6

Haven & Mental Health Support – Community offer

7

Online and digital offer – via Kooth

# 01

**Need for support is identified**

# 02

**Referral form completed** – this may be completed on BEU website by MHL in school, GP, Professional, Parent, Self referral if CYP is over age 12

# 03

**Triage** – Be U receives referral and is triaged within 48 hours. Referral is either accepted by MHST, Community Team or onwards referral or signposted with recommendations for support

# 04

**MHST or Community offer** – Once accepted to MHST or Community the referral will be allocated to assessment list

# 05

**Assessment** – Carried out within relevant treatment pathway for intervention.

- LICBT 1-1
- Counselling
- 5 Ways to Well-being
- Digital Online Support

# 06

**1:1 Work** –

- **LICBT 1-1** – up to 8 sessions
- **Counselling** – up to 6 sessions
- **5 Ways to Well-Being** – up to 6 sessions
- **Digital Online Support** – 1 session intervention

# Referral process



# The THRIVE model

Following the THRIVE model, Be U Swindon focuses on 'Getting Advice' and 'Getting Help'.

Young people who are needing more extensive and specialised help or risk support are unlikely to benefit from low-intensity early intervention support and require a more specialised approach.

We work closely with Oxford Health – CAMH's where more specialised support is identified.



# What is an MHST?

MHSTs support the mental health needs of children and young people and use an evidence-based approach to provide early intervention on some mental health and emotional wellbeing issues, such as mild to moderate anxiety or low mood.

Do	May do	Should not do
<p>Common mental health difficulties that may respond to early intervention</p>	<p>Conditions which may respond to early intervention but require discretion</p>	<p>Significant levels of need/complex conditions which are not suitable for early intervention</p>
<p>Mild to moderate anxiety, including:</p> <ul style="list-style-type: none"> <li>• Generalised anxiety/worry</li> <li>• Panic attacks</li> <li>• Separation anxiety</li> <li>• Specific phobias (not blood, needles or vomit)</li> <li>• Agoraphobia</li> </ul> <p>Mild to moderate low mood or depression</p> <p>Sleep problems</p> <p>Stress management</p> <p>Mild to moderate behavioural difficulties (in children, not teenagers)</p>	<p>Mild social anxiety</p> <p>Mild health anxiety</p> <p>Mild or recently started exhibiting compulsive behaviours/rituals or symptoms of Obsessive Compulsive Disorder (OCD)</p> <p>Anger difficulties</p> <p>Low confidence/self-esteem</p> <p>Assertiveness/interpersonal challenges (e.g. with peers)</p> <p>Mild psychological risk, including</p> <ul style="list-style-type: none"> <li>• Self-harm is disclosed but linked to a mental health need and <u>is not assessed as enduring and high risk in nature</u></li> </ul>	<p>Significant psychological risk, including</p> <ul style="list-style-type: none"> <li>• Self-harm</li> <li>• Suicidal ideation</li> </ul> <p>Chronic or severe depression or anxiety</p> <p>Mental health difficulties resulting from complex trauma such as Post-Traumatic Stress Disorder (PTSD), nightmares or flashbacks</p> <p>Bipolar Disorder</p> <p>Psychosis</p> <p>Personality Disorders</p> <p>Eating Disorders</p> <p>Pain management</p> <p>Established health anxiety</p> <p>Severe Obsessive Compulsive Disorder (OCD)</p> <p>Historical or current experiences of abuse/violence</p> <p>Complex interpersonal challenges including hostile or violent behaviour towards others</p> <p>Bereavement or grief as the main difficulty</p> <p>Relationship problems</p>
<p>Additional risk factors, if present, are taken into consideration when referrals are being triaged</p>		



# Whole school approach (WSA)

A whole School approach involves working with all members of the school community to increase awareness and reduce stigma around mental health.

- WSA for children and young people – Workshops, Assemblies, Transition sessions, PD days
- WSA for parents and carers – Workshops, parent navigation drop ins.
- WSA for staff – Introduction to service, Staff training on common mental health difficulties

# Group work

Within our groups, at least one practitioner works with a group of young people who share similar feelings or experiences with the aim to manage anxiety or low mood. The groups we deliver are evidenced based and research has shown that they can be just as effective as 1:1 support. They are delivered online or face to face.

**1**

Coping Cat

**2**

Mind and Mood

**3**

Breaking the Mould

**4**

Parent-Led CBT

**5**

Decider Skills

# 1-1 support - MHST

- We offer a variety of Low Intensity Cognitive Behavioural Interventions (LICBT) depending on CYP main presenting difficulty. These interventions are all evidence based.
- LICBT is a form of guided self- help to manage symptoms of anxiety and / or low mood. Goals are set and worked towards. Home tasks are set for CYP to practice skills and strategies taught.
- Delivered by an Education Mental Health Practitioner (EMHP) or Children's Wellbeing Practitioner (CWP).
- The intervention is typically 6-8 sessions and can be delivered at school, at our office base (Nexus) or online. Sessions are typically 45-60 minutes.
- Parent/caregiver interventions offered if the CYP is younger, or it is deemed it would be more suitable to work with parent/caregiver.
- Research tells us that LICBT is not an effective treatment when the young person's difficulties stem from unresolved systemic difficulties (e.g. bullying, difficulties at home). Please speak to a member of the Triage team if you have any specific questions about a young person.



# 1-1 Counselling – Community Offer

1

Person-centred led to provide most appropriate type of therapeutic intervention.

2

Commonly themes of support are stress, anxiety, low mood, interpersonal relationships, change, loss and distressing events.

3

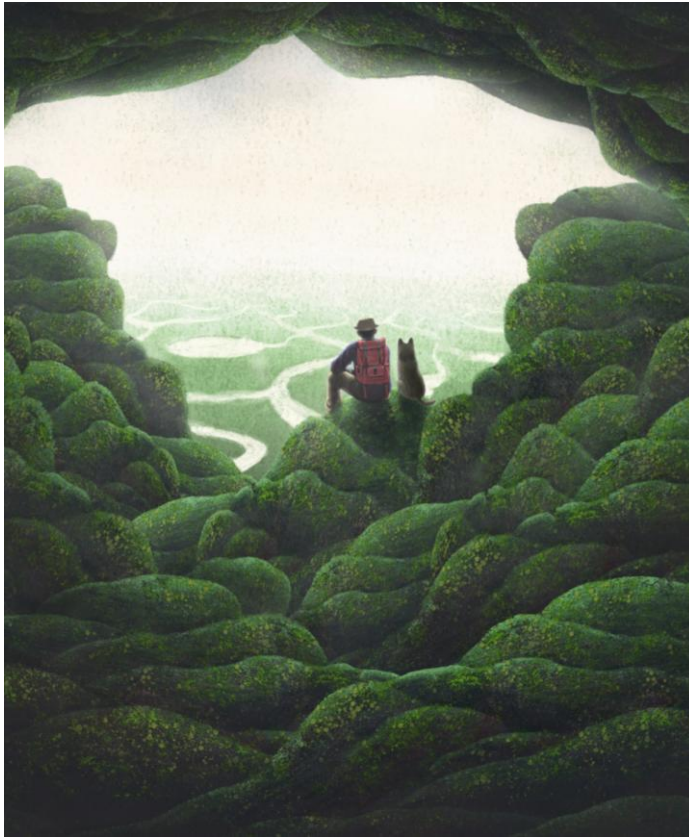
Up to 6 sessions of support face-to-face in person or online.

4

Delivered by qualified Psychotherapists.



# Haven – Community Offer



**1**

Out of hours non-clinical urgent emotional support

**2**

Streamlined referral pathways for 111, A&E Departments, Police, Local Primary and Secondary schools in the Swindon Locality, Children Social Services.

**3**

Support is provided by Emotional Wellbeing Practitioners (EWPs) or Mental Health Support Workers (MHSW).

# 5 Ways to Wellbeing – Community offer



**1**

1:1 or group mental health support for social challenges, emotional dysregulation, mild anxiety, low mood and confidence building.

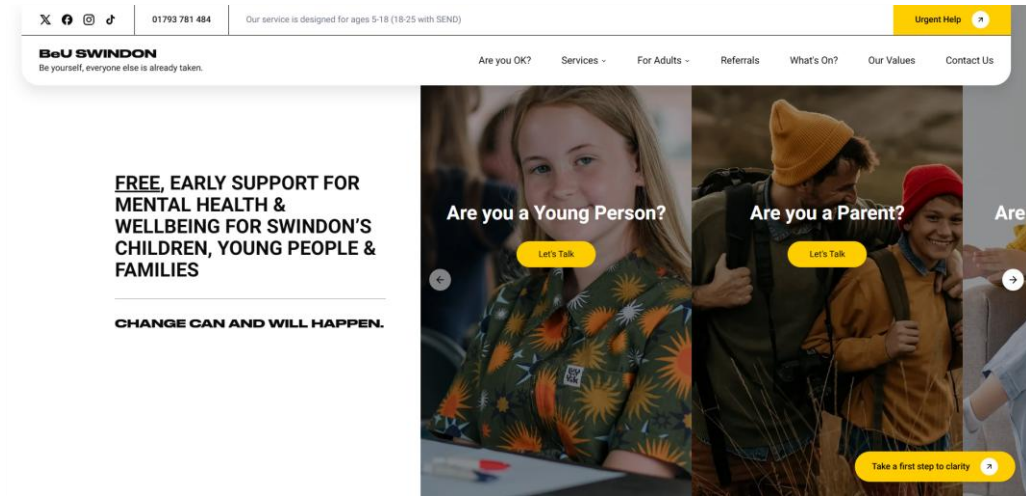
**2**

5 Ways to Wellbeing Framework used; CONNECT, TAKE NOTICE, BE ACTIVE, KEEP LEARNING & GIVING.

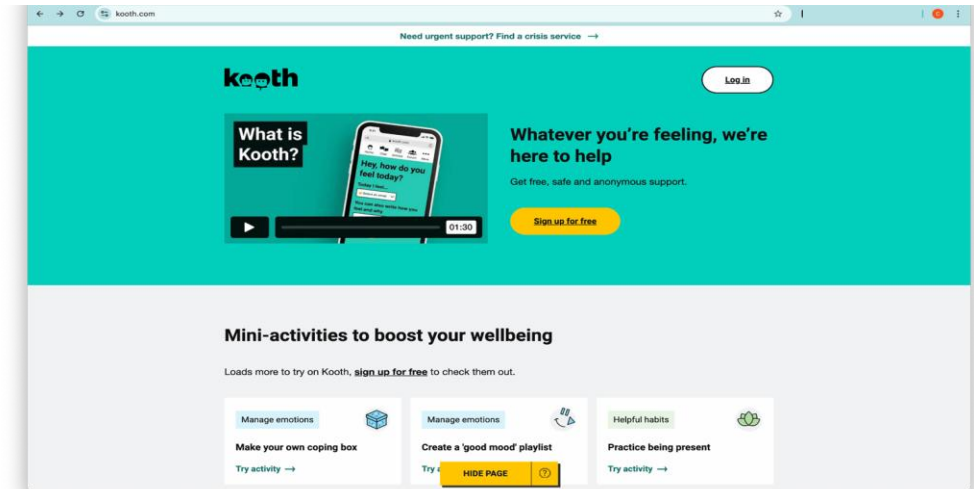
**3**

6 support sessions can be provided in school, online, at Nexus or at the Haven.

# Online and digital offer



<https://beswindon.co.uk>



Kooth.com is an innovative **digital mental healthcare** service for **Children and Young People**.

# How to refer

The referral form is electronic and is on our website [www.beuswindon.co.uk](http://www.beuswindon.co.uk) and can be completed by parent/carers and professionals.

Over 12's can also complete a self-referral online.  
Paper copies can be requested through our email address [Beu.swindon@NHS.net](mailto:Beu.swindon@NHS.net)

Our Triage team are available to discuss potential referrals to help you understand if Be U Swindon is the right service to refer to.

Our Triage team can be reached via [Beu.swindon@NHS.net](mailto:Beu.swindon@NHS.net)



**Thank you for  
listening**

**Should you have any questions  
please get in touch.**

**T: 01204 570 999**

**E: [beu.swindon@ablhealth.co.uk](mailto:beu.swindon@ablhealth.co.uk)**

**W: [ablhealth.co.uk](http://ablhealth.co.uk)**

**BeU SWINDON**

# CAMHS



- **Child and Adolescent Mental Health Service.**
- CAMHS help children and young people up to 18 who are finding it hard to cope with everyday life because of difficult feelings, behaviour or relationships.
- **What can CAMHS do?** We can work with you in a range of different ways to suit your needs. These are some of the ways we can work with you:
  - Cognitive Behavioural Therapy (CBT)
  - Dialectical Behavioural Therapy (DBT)
  - Family Therapy
  - Psychotherapy
  - Solution Focussed Practice
- A wide range of information and resources can be found on the website: [What is CAMHS? | Oxford Health CAMHS](#)
- For parents/carers: [Resources | Oxford Health CAMHS](#)



# Mind Swindon and Gloucestershire

There is a wide range of information available on the website:

- [Swindon Mental Health Services | Swindon & Gloucestershire Mind](#)
- [Autism | Swindon & Gloucestershire Mind](#)
- [Swindon Mental Health Alliance | Swindon & Gloucestershire Mind](#)



To find out more click on this link:  
[Walk N Talk Wednesdays](#)  
- Best Mates

#wegotya  
Best Mates  
Walk 'N' Talk  
Wednesdays  
NOW EVERY WEEK  
6PM MEET UP  
Coate Water Cafe  
Everyone welcome

Please Message Best Mate Ian on: 07713 275643  
with your name if you want to come along.

# Getting support with your mental health and wellbeing

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](#) *(leaflet – opens in downloads)*
- [The Anna Freud Centre](#)
- **Second Step:** [BaNES Swindon and Wiltshire Partnership | Second Step | Mental Health Charity](#)

# Where to get support with your mental health

Local support for Adults (18+)

- Second Step
- Lift Psychology
- Swindon Carers Together
- IPSUM
- PAPYRUS
- Twigs Community Gardens
- SOBS
- 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)
- Young Carers — Swindon Carers Together
- Wiltshire Wildlife Trust (5 to 18 years)
- Swindon Mind
- IPSUM (11 to 16 years)
- PAPYRUS
- Home - BeU Swindon



# Worried about domestic abuse?

- ✓ **Paragon Swindon Domestic Abuse Service** is dedicated to providing comprehensive, trauma-informed support to individuals and families affected by domestic abuse. Visit the website: [PARAGON](#)
- ✓ **Society Without Abuse (SWA)** Offers specialist support to victims and survivors of domestic abuse living in Swindon. Visit the website: [Swindon Domestic Abuse Support](#)
- ✓ **Women's Aid** - National charity working to end domestic abuse against women and children. Visit the website: [Women's Aid](#).
- ✓ **Men's Advice Line** - National support for male victims of domestic violence, which offers telephone, email and web chat support. Visit the website: [Men's Advice Line](#).

# Reminder!

## Suicide where there is domestic abuse

- 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](#)
  - [Safeguarding Adult Reviews \(SAR's\)](#)
- Further information can be found in the practice brief [Domestic abuse within families](#)

# 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](mailto:enquiries@ageukwiltshire.org.uk)



# Resources

**SSP Policies and Publications:** [Think Family Practice Guidance 2025](#)

## Free eLearning

- ✓ [Suicide prevention awareness - 'Suicide - Let's talk'](#)
- ✓ [Supporting and Exploring Child Development \(awareness level\)](#)

## SSP Practice Briefs

- ✓ [Autism and learning disability Information and training](#)
- ✓ [Support for adults in Swindon experiencing suicidal ideation](#)
- ✓ [Trauma-informed practice learning from reviews - Practice brief](#)
- ✓ [Neurodiversity information and resources for practitioners](#)

## Recorded webinars:

- ✓ [DA Victim and Perpetrator Suicide Webinar](#) (duration 25 minutes)
- ✓ [Pregnancy in Mind and Baby Steps](#) NSPCC (duration 44 minutes)

# National Resources



# I'm Lucy



A short video (duration 2:19 minutes) to raise awareness that children should not be considered protective factors for their parent's mental health.

You Tube link: [I'm Lucy – YouTube](#)

Kent Safeguarding Children Multi-Agency Partnership have also produced a [reflection tool](#) to facilitate reflection by practitioners and supervisors after watching this video.

Other resources:

- [Parental mental health problems](#)
- [Child mental health: learning from case reviews](#)

# NSPCC Learning

- NSPCC Learning has published a podcast on building emotional resilience in children, discussing the work of the NSPCC's Emotional resilience programme delivered across seven primary schools in Glasgow.
- The episode covers:
  - what emotional resilience is and why it is important;
  - how the programme was developed;
  - how practitioners can be trauma informed when delivering emotional resilience work;
  - successes and challenges of running the programme; and
  - advice around best practice for setting up an emotional resilience programme.
- **Podcast:** [How to build emotional resilience in children](#)
- **YouTube:** [How to build emotional resilience in children](#)

# Centre for Early Childhood Resources

- Explainer series: A series of animated films explaining brain development in early childhood, and how interactions between babies, young children and caring adults can make a positive difference to their social and emotional development.
- [The Explainer Series - Centre for Early Childhood](#)
- [Research - Centre for Early Childhood](#)
- [Homepage - Centre for Early Childhood](#)



# 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 🧡💚 #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



Starting a conversation about someone's wellbeing can be difficult.

There are some useful resources available to help you start the conversation, for example conversation guide and the stress bucket.

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

# Pregnancy in Mind Information - NSPCC

The screenshot shows a Padlet board with the title "NSPCC Pregnancy in Mind (PiM) Information". It features four main sections:

- WE ARE HAVING A BABY:** A section with a background of scattered letters and a description of the service as a preventative mental-health service for parents-to-be at risk of anxiety and depression.
- What is Pregnancy in Mind (PiM)?** A section with a photo of hands holding a baby, describing it as an 8-week group work programme for mothers, fathers, and partners.
- Want to make a referral?** A section with a photo of a pregnant woman, detailing the types of referrals accepted (self-referrals, professional referrals) and the support offered.
- Dads and partners:** A section with a photo of a couple, explaining that the service is inclusive and that it's important for partners to be aware of the service.

- 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](#)
  - [NSPCC Pregnancy in Mind \(PiM\) Information \(padlet.com\)](#)
  - Recorded webinar facilitated by colleagues from NSPCC Swindon [Pregnancy in Mind and Baby Steps](#)

# National Resources

- [Mental Health Awareness Week 2026](#)
- [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 \(mentalhealth-uk.org\)](#)
- [Helpline for Mental Health | SOS Silence of Suicide](#)
- [Mental health - NHS \(www.nhs.uk\)](#)
- [Every Mind Matters - NHS \(www.nhs.uk\)](#)
- [Useful resources – Mind](#)
- MHFA England - [Mental health training online and face to face](#) · MHFA England
- CALM mental health and men - <https://www.thecalmzone.net>
- [Mental Health Support Hub | Self Harm, Anxiety, Depression | The Mix](#)
- Dr Jessica Taylor has launched [Life Experiences Reflection Tool by Dr Jessica Taylor \(outgrow.us\)](#) to help you understand your mental health, trauma, life experiences, and coping styles.
- [Trauma - UK Trauma Council](#)

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

# Previous Monthly Safeguarding Themes Resources

- [Safeguarding theme February - Staying safe online](#)
- [Safeguarding theme March - All age exploitation](#)
- [SSP Safeguarding theme April - Unborn babies and under 2s](#)

# Email signature

If appropriate, please add the text below to your email signature

Swindon Safeguarding Partnership's Theme for May 2026 is

## Mental Health Awareness

#itsokaytotalk



Find out more by visiting the [SSP Events](#) webpage  
or follow us on  
**@SwindonSafegua1**

X **#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  
[Feedback on SSP Monthly Safeguarding Theme 2026](#)  
or scanning the QR code.



It will only take you two minutes!

# Are you on our circulation list?

Do you want to be kept updated about SSP related matters such as training, learning resources and our newsletter?

You can sign up to our circulation list circulation list by clicking on this link: <https://forms.office.com/e/f7CRNF6Wax>

Or using the QR code.



You can ask to be removed at any time by emailing [safeguardingpartnership@swindon.gov.uk](mailto:safeguardingpartnership@swindon.gov.uk)

