

September Awareness

A new way to ask for support.



We know that it is sometimes difficult to ask for support especially when you can see everyone is busy. To assist with this, we have created a new system to request support. Posters will be sent to centres and teams shortly with your local/ area Mental Health First Aiders along with a QR code which takes you to a secure form to request support for yourself or another member of staff. You can also find the form by [clicking here](#). Completing the form will enable us to know who to contact and one of the Mental Health First Aid Team will be in contact with the referred person. This form will initially be seen by Rosie Molton, Zena Plaskett, and Nathan Whittaker, who will then assign the request to an appropriate member of the team.

TRIGGER WARNING

*Please note below contains information and links related to **suicide awareness**.*

Think
how many long years
this tree waited as a seed
for an animal or bird or wind or rain
to maybe carry it to maybe the right spot
where again it waited months for seasons to change
until time and temperature were fine enough to coax it
to swell and burst its hard shell so it could send slender roots
to clutch at grains of soil and let tender shoots reach toward the sun
Think how many decades or centuries it thickened and climbed and grew
taller and deeper never knowing if it would find enough water or light
or when conditions would be right so it could keep on spreading leaves
adding blossoms and dancing
Next time
you see
a tree
think
how
much
hope
it holds

Figure 1 'Whenever you see a tree' by **Padma Venkatraman** from @arealmofwonder

Key Dates this month

10th September: Suicide Prevention Day *Trigger Warning*

At 8pm on Thursday 10th September, the International Association for Suicide Prevention (IASP) are asking people to light a candle by a window, in memory of and support of those who have had their lives changed by suicide. If you are not in a location where candles can be lit or wish to mark this at your centre here are some [resources](#), including infographics and posters.

FREE Suicide Awareness Training (20minutes) can be found on the [Zero Suicide Alliance](#) website. Along with other training and resources.

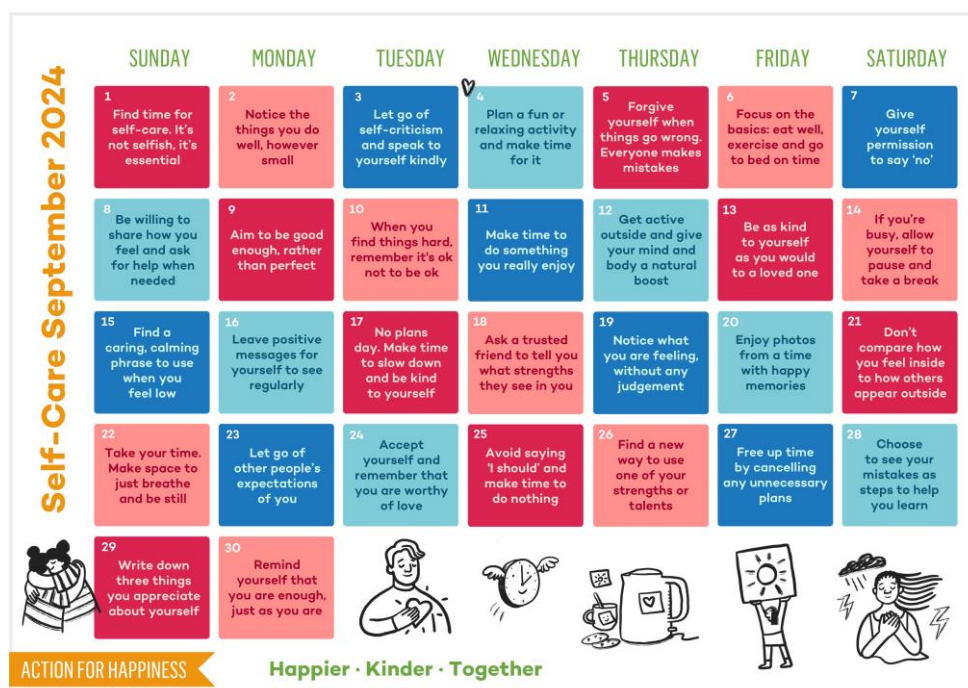
To learn more about suicide, you can listen to Podcasts on a variety of topics and how it can be interrelated including Stigma, LGBTQ+, Youth and lived experience:

<https://www.iasp.info/podcast/>

23rd - 29th September: Black Maternal Mental Health Week

This year's theme is "Transforming and Advancing Change", this annual event looks to address disparities and foster conversations to drive change, with daily themes, webinars and support organisations for Black Mothers and their families. More information can be found here: <https://themothhoodgroup.org/bmmhw24/> #BMMHWUK

September's Action for Happiness Calendar is all about Self-Care; taking time to take care of yourself. Download it for your desk or noticeboard [here](#).



Links

- ✿ Mind Urgent help - <https://www.mind.org.uk/need-urgent-help/>
- ✿ Field Studies Support Padlet - [Wellbeing and Support Padlet](#) including a new section on Suicide Awareness.
- ✿ Hub of Hope - <https://hubofhope.co.uk/> Where you can enter your postcode to find local support available.