

# **Mental Health and Suicide Prevention Awareness ORGANISATION TOOLKIT**

[Mental Health Awareness and Suicide Prevention Training](#)

[Mental Health Support for Sports Clubs](#)

[Mental Health Support for Workplaces](#)

[Mental Health and Suicide Prevention General Information](#)

## **Mental Health Awareness and Suicide Prevention Training**

[Derbyshire County Council Training Courses](#)

To increase awareness, knowledge and skills across Derbyshire our work around mental health includes the Derbyshire public health training offer. Full details can be found by [clicking here](#)

[We need to talk about Suicide - NHS](#)

An interactive NHS e-learning module about how to communicate with individuals with suicide ideation.

[Zero Suicide Alliance](#)

A short introductory e-learning module. This training aims to enable people to identify when someone is presenting with suicidal thoughts or behaviour, to be able to speak out in a supportive manner and to signpost them to services or support.

[Grassroots Preventing Suicide Together](#)

This resource contains links to online training and e-learning resources for those looking to become better equipped and build confidence. around the topic of suicide prevention.

## **Mental Health Support for Sports Clubs**

[Mental Health Awareness for Sport and Physical Activity E-learning](#) -

Everyone who delivers coaching in a club, leisure centre or any other community sports & physical activity setting, – such as coaches, fitness

instructors, personal trainers, activators, sports administrators, front of house staff or volunteers – will benefit. Requires subscription to access the course.

#### [Promoting Good Mental Health through Coaching animation](#)

UK Coaching in partnership with Mind and with support from Public Health England (PHE) have developed a short animation and infographics as an introduction for coaches and physical activity providers.

#### [English Institute of Sport](#)

A useful resource produced by English Institute of Sport demonstrating their mental health support across their High Performance Programme.

#### [Ted Talk - Hillary Cauthen](#)

15-minute video discussing the toxicity of sport culture on the mental health of athletes.

#### [The Mental Health Charter for Sport and Recreation](#)

By signing up to the Charter, you are committing to helping make our vision, to embed mental health within sport and recreation to create a culture shift that removes the stigma around mental health, a reality.

### **Mental Health and Football**

#### [Mental Health Guide for Coaches and Managers](#)

The FA in partnership with Mental Health charity MIND have produced a guidance document for coaches and managers. It can be accessed by [clicking here](#).

#### [Heads up campaign](#)

This campaign wants everyone to feel comfortable talking about their mental health, in the same way they would about football, and feel able to support their friends and families through difficult times. During the season, the campaign will also provide resources, training and direction towards support when needed. Heads Up is part of the wider [Heads Together](#) mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.

#### [Heads Up Sound of Support Series](#)

The #SoundOfSupport series shows how important it is that we keep breaking the silence around mental health and make our support heard by those who need it. We all have mental health – and it's important to talk about it.

## **Mental Health and Boxing**

### **Boxing in Mind Course**

This course aims to increase awareness around mental health issues within boxing clubs and gyms across the country. The course has been developed with the Mental Health Charity MIND.

### **England Boxing**

Resources that look at different aspects of mental health and, in some cases, give some practical tips on how to stay in a good frame of mind.

### **BBC Sport - Boxing saved my life**

'SPORTS founder TJ Young explains how the organisation is encouraging clubs to develop a mental health strategy'.

### **Leon McKenzie talks Mental Health**

Footballer turned professional boxer, Leon McKenzie, speaks to PFA TV's Leon Mann about the importance of getting help to address mental health issues and depression. Michael Bennett, Director of Player Welfare, joined them to share what the union are doing in this area.

## **Mental Health Support for Workplaces**

### **Workplace Wellbeing - Employers toolkits**

Paying attention to workplace mental health has never been more important. Mental Health at Work is here to help you find what you need. Access all the information by [clicking here](#).

## **National Accreditations and Charters**

### **Mindful Employer Charter**

A tangible display of your organisations commitment to improving the working lives of your employees. The Charter is not an accreditation or a set of quality standards nor a policy or a target. It's voluntary. It's a set of aspirations.

### **Building Mental Health Charter**

The Building Mental Health Charter is a way for construction organisations to demonstrate their commitment to promoting awareness and understanding of mental health, lowering stigma and supporting employees.

### **Mindful Business Charter**

The charter is a collaboration (initially) between leading banks and law firms committed to driving change in how we work.

The bilateral collaboration between service providers and clients is what makes the Charter so powerful.

### [Time to Change Champion](#)

Champions use their own experiences of mental health problems to change how we all think and act about mental health. Sign up now - it only takes five minutes

## **Mental Health and Suicide Prevention General Information**

### **Mental Health Information and Contacts**

Mental Health general information - Find local and national organisations that offer mental health and wellbeing advice by [clicking here](#)

### [Children and young people](#)

Find local and national organisations that offer mental health and wellbeing advice specifically for children and young people by [clicking here](#).

### [Mental health support in a crisis](#)

If you or someone you know needs mental health support in a crisis [click here](#) for advice and guidance on how you can help.

### [NHS One You – Every Mind Matters](#)

Having good mental health helps us relax more, achieve more and enjoy our lives more. This resource contains expert advice and practical tips to help you look after your mental health and wellbeing, including quizzes, apps, and toolkits.

### [NHS Derby and Derbyshire Emotional Health and Wellbeing](#)

The toolkit has been designed collaboratively by professionals, who work across Derby & Derbyshire to help plan and deliver care & support for people who are feeling stressed, anxious or depressed, or just want to feel happier.

### [Mentell](#)

A men's peer support group that offers a safe and confidential place to talk - free from advice and judgement. Suitable for men aged 18+ struggling with their mental health/ wellbeing. All circles are now via Skype.

## **Suicide Prevention and Information**

### **[National Suicide Prevention Alliance \(NSPA\)](#)**

The National Suicide Prevention Alliance (NSPA) is an alliance of public, private and voluntary organisations in England who care about suicide prevention and are willing to take individual and collective action to reduce suicide and support those bereaved or affected by suicide.

### **[Survivors of Bereavement by Suicide](#)**

If you have been bereaved or affected by suicide, there is help available and you do not have to be alone. This section includes information about how we can help and support available to people who have been bereaved by suicide.

### **[Rural Action Derbyshire](#)**

Rural Action Derbyshire aim to improve the quality of life for Derbyshire residents, by empowering people in rural communities to take action to address disadvantage, become more sustainable and increase local control. Among many projects RAD's suicide awareness project exists to raise awareness and help prevent suicide. RAD has been delivering suicide awareness training (SAT) throughout Derbyshire since 2009.

### **[World Health Organisation](#)**

Much can be done to prevent suicide. WHO recommends four key interventions which have proven to be effective.

### **[Samaritans](#)**

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

### **[Derbyshire Mental Health Support Line](#)**

Call the Derbyshire Mental Health Support line on Freephone 0800 028 0077 (available 24 hours a day, seven days a week)

### **[Papyrus Hopeline UK](#)**

Papyrus exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.