

Positive Mental Health Network

Newsletter



21st March 2023

Edition 106

We have rebranded the newsletter. If there is a particular section you're interested in reading, click on it and it'll take you to that section

Newsletter Updates 2023 2

Events & Meetings 4

Groups & Community Courses 13

Professional Education & Training 19

Job/ Volunteer Opportunities 19

Funding Opportunities 19

Surveys, Campaigns, New Websites & Other Newsletters 21

PMHN Member Exclusives 24

Newsletters will be every two weeks. The next newsletter will be on the 4th of April 2023.

Please send submissions to pmhnnwakefield@gmail.com by Thursday 30th March



Newsletter Updates

We have a google drive where leaflets/newsletters are stored

<https://drive.google.com/drive/folders/1zBDsXUsh98hIOek3MDA9qPpjKuGsc7>

You can also find our newsletters on Wakefield Council's website

<https://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/mental-health-support>

Mental Health Week 2023 (theme Anxiety) 15-21 May



Mental Health Awareness Week 2023

15 to 21st May 2023.

15 to 21 May 2023

**Mental Health
Awareness Week**

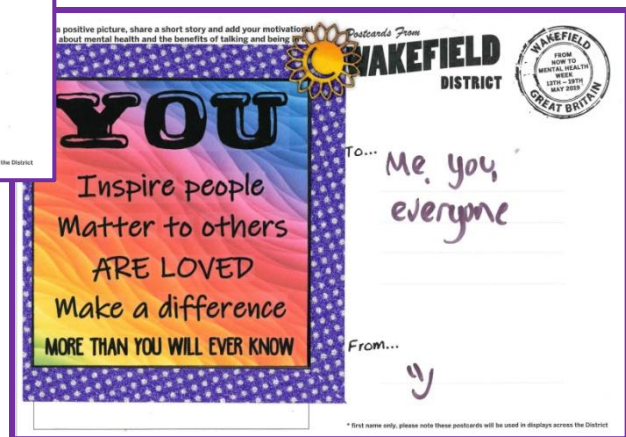
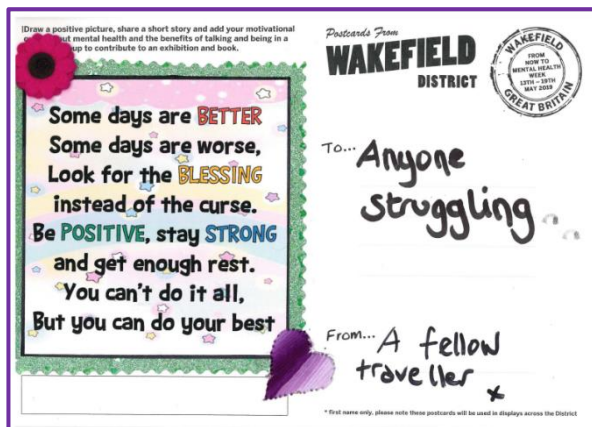


We will be marking the week by using our [Postcards from Wakefield](#) to get people talking and thinking about mental health. We need your help! Can you:



1. Please let us know if you have any blank postcards, we can re-use **ASAP!!!!** We are going environmentally friendly by using all past editions of our postcards this year
2. Can you/your group host a postcards session during that week (simply fill them in – it's as easy as that!)
3. Can you help us to engage with the public during that week – in the past we have had stalls at markets, Junction 32 (Castleford) and Trinity Walk in Wakefield. If we are going to do this again (it will be our 5th year), then **we need volunteers**.

Please email to tell us if you can help during 15 – 21 May – we need to know what day/how much time you can give/where in the district you could host a stall- please email pmhnrwakefield@gmail.com



'The postcards are great, a really nice way of chatting to people about mental health and wellbeing'





Events & Meetings


Free Carbon Literacy Training Events

[Carbon Literacy - empowering colleagues to take action on carbon emissions](#)
[Tickets, Multiple Dates | Eventbrite](#)

Empowering colleagues to take action on carbon emissions



Carbon Literacy
training events



Empowering colleagues to take action on carbon emissions

Health and care colleagues across West Yorkshire are invited to join an online event around carbon literacy to find out more about the scale and urgency to meet NHS net zero and other sustainability targets from 9.30 till 4 on Monday 17 April. This is the third and final event in the series with great feedback from those attending in February and March. To book and for more information see the [eventbrite pages](#).

Adversity, Trauma and Resilience Event



Adversity, Trauma and Resilience
Our third annual knowledge exchange event

21 to 23 March 2023
9.30am to 4.30pm



For more information and to book a place visit
<https://westyorkshireknowledgeexchange.co.uk/>



West Yorkshire VCSE Neurodiversity Network



The West Yorkshire Health and Care Partnership invite you to join their Neurodiversity Network. Here's the link you will need to join [West Yorkshire VCSE Neurodiversity Network Tickets](#), [Wed 29 Mar 2023 at 09:30 | Eventbrite](#)

West Yorkshire Voice



To find out more:

Call Healthwatch West Yorkshire: 0113 898 0035

Email: zobi@westyorkshirehealthwatch.co.uk

Go to the website or complete the online membership form on your local Healthwatch website or via

<https://www.wypartnership.co.uk/wy-voice>

SPARK

Find out more about SPARK by visiting their Facebook page

<https://www.facebook.com/sparkwakefield/>

Network Meeting

SPARK are having a Network meeting at The Mechanics Theatre, Wood Street, Wakefield WF1 2EW 4-6pm on the 18th of April

There'll be a chance to find out what SPARK is all about, our plans for 2023 and how you can get involved. Guest speakers will explore meaningful evaluation of arts and culture's impact on children and young people to ensure we are constantly improving and refining our practice. There will be time to connect with and be inspired by people who are committed to improving the lives of young people of the Wakefield District through arts and culture




More details about the event will follow soon along with information on how to book but for now - save the date!

Network meeting

Mechanics Theatre ,
Wood Street Wakefield
4-6pm 18th of April

SPARK
Wakefield's Cultural
Education Partnership

Save the Date!



@SparkWakefield



Six Week Recovery Programme

6 Week Recovery Programme



An initial telephone consultation
&
Your own personalised 'Health & Wellbeing Prescription'
includes access to
Recovery Wellness Action Plan workshop
Nutrition workshop
Weekly movement sessions
&
A beautiful mixture of Yoga, Acupuncture, Reiki, EFT,
Hypnotherapy & Creative Arts over the 6 week

Programme one launches in May
@ The Ferrybridge Community Centre

*Eligibility criteria applies
Please email for a referral form
enquiries@betruetoyourecoverycic.org





Launch of New WY-FI Service

Book your place: <https://www.eventbrite.co.uk/e/wy-fi-launch-event-tickets-574632791147>



WY-FI+
Finding your Independence

WY-FI+ launch event

If you're passionate about improving services for people with multiple and complex needs, book your free place at the launch of WY-FI+ in Wakefield.

WY-FI+ is a navigator service which connects vulnerable adults to essential support services and helps them to address their health needs, encouraging positive lifestyle changes.

In this morning session, Spectrum will introduce our new brand for WY-FI+ and showcase how we support people with multiple needs, including those affected by:

- Homelessness
- Addiction
- Repeat offending
- Mental ill health
- Domestic abuse

There will be complimentary refreshments and snacks.

When: Wednesday 26 April, 9:30am-12pm

Where: Spectrum Community Health CIC
One Navigation Walk,
Wakefield,
WF1 5RH

[Click to book your place!](https://www.eventbrite.co.uk/e/wy-fi-launch-event-tickets-574632791147)

A helping hand for our local community

 Spectrum
Community Health CIC



Sharing the Learning

book at <https://www.eventbrite.com/e/sharing-the-learning-whole-systems-physical-activity-locality-approach-tickets-556460657807?utm-campaign=social%2Cemail&utm-content=attendeeshare&utm-medium=discovery&utm-source=strongmail&utm-term=listing>



Sharing the Learning Series: Whole Systems Physical Activity: Locality approach

Monday, 27th March 2023

1:30 – 3:00 PM

[Eventbrite Link](#)

This event is the first online session in a series of events that will focus on sharing learning on different elements of whole systems physical activity working and 'place-based' approaches.

There is a huge amount to share from the work of the Local Delivery Pilots. We also know that there are many other people and places working in this way that have a story to tell.

This online session will focus on taking a locality approach to whole systems physical activity working. It will include presentations from:

- Calderdale Local Delivery Pilot
- Leeds City Council
- Bradford Local Delivery Pilot (JU:MP)

We will also share learning from the [face to face](#) workshop that brought regional partners together in November 2022 around this theme. There will be an [opportunities](#) for questions and informal breakout group discussions to share wider learning from those attending.

[Finally](#) Sport England will give an update on future plans on place based working around physical activity - Joel Brookfield, Strategic Lead Local Delivery, Sport England





Yorkshire Cancer Community



Our Support Group Leaders Network, which covers Yorkshire and the Humber, goes from strength to strength. We hold meetings online every quarter, with one meeting of each cycle in the daytime and one in the evening.

Support Group leaders talk about the challenges and joys of running a support group and can learn from each other. One of the learning sessions we were asked for, was setting up a Facebook account for their group.

Thanks to our friends at Humber and North Yorkshire Cancer Alliance, we will offer two online social media sessions.

Wednesday 19 April 2- 3pm

Tuesday 25 April 6 - 7pm

Let me know if you would like a zoom invite to the training session/s or to the network which will meet in May. Remember too that we keep a directory of support groups on the website. Make sure your group's details are included.

You will see from the newsletter; Cancer Champions are out and about in the community. If you would like to become a Champion to help us raise cancer awareness, please get in touch.

Thank you to everyone who volunteers for a support group, Yorkshire Cancer Community or Cancer SMART. We couldn't do it without you

Jill Long
Engagement & Communications Officer
Yorkshire Cancer Community
Telephone: 01924 787379
Mobile: 07715 217845



West Yorkshire Police Cultural Awareness Programme

**Looking for
community
representatives
from Black, Asian
or other ethnic
minority
backgrounds**



The Cultural Awareness Programme is a significant training development for West Yorkshire Police, which will see all officers and staff (10,500+) undertake a 2-day mandatory training programme, developed to

increase their understanding and knowledge around Cultural Awareness. Day One will be delivered by West Yorkshire Police training school that will create a base for the learning and examine what culture is, whereas Day 2 will be delivered by our training partner, Inclusive Employers. This is where we would like community support.

Day 2 is going to specifically look at Black culture, bringing the experiences and history of folk into the training room to explore why there is a feeling of mistrust towards the police service. It is important that these stories come from our communities within West Yorkshire. Community representatives that take part in the training programme will receive **training, wellbeing support and a financial payment** for giving their valuable time to the programme. There will be a short vetting procedure.

The advert and contact details for Tanisha Singla can be found here: [Looking for community representatives from Black, Asian or other ethnic minority backgrounds - Inclusive Employers](#). Inclusive Employers are the facilitators for this training and will be looking after any participants. If taking part requires you to need time off work please discuss with your manager about the appropriate means to do this.

The contact at West Yorkshire Police is [Ben Metcalf – Diversity, Equality and Inclusion Manager](#). Ben is happy to talk to anyone who wants to find out more.



Neurodiversity Community of Practice

for more information, please contact Jacqui.mendoza@nhs.net



West Yorkshire
Health and Care Partnership



Neurodiversity Community of Practice

Autism and Suicide Prevention

Thursday 13th April
11 - 12pm

To access a link to the teams meetings and
more information for these events please use
this QR code.

For any further information
please contact Jacqui on
wy.neurodiversity.nhs.net



SCAN ME



SUPPORTING CHILDREN'S ORAL HEALTH WEBINAR

Tooth decay is largely preventable, yet it remains a serious problem. Wakefield has a high rate of tooth decay in children, with around 200 under 5s being admitted to hospital each year because of tooth decay.

We can all play a role in early intervention and prevention when it comes to oral health. You are invited to attend an informative webinar about oral health and children in Wakefield. If you work with children and families, then the webinar will be of interest to you.



The event will be opened by Cllr Maureen Cummings, Portfolio holder for Communities, Poverty and Health. The 2-hour session will include:



- Local information/data on children's oral health
- Tooth Tips for Toddlers
- Signposting to new and existing resources
- The Wakefield Oral Health Champion and Supervised Toothbrushing scheme
- The 0-19 service Oral Health information
- Information on flexible commissioning

The webinar is open to colleagues across the district including Family Hubs, Early Years Providers, 0-19 Service and community anchors.

Time: **Monday 24 April 2023 10:30am-12:30pm**

Book via Eventbrite

<https://www.eventbrite.co.uk/e/childrens-oral-health-webinar-tickets-566200269247>



wakefieldcouncil



West Yorkshire Health and Care Partnership



Menopause Awareness at work training for all colleagues and line managers – open to all health and care staff including VCSE colleagues (and volunteers) . . . ie PMHN Members !!

[Menopause Awareness at Work- training for all colleagues and line managers](#)
[Tickets, Wed 22 Mar 2023 at 10:00 | Eventbrite](#)

Groups & Community Courses

Trauma Informed Trust Co Production



SWYPFT is working towards becoming a trauma informed trust. This means it will support staff, service users, carers and volunteers to understand and respond to the impact of trauma on people's lives. The approach emphasises physical, psychological, and emotional safety for everyone and aims to empower individuals to re-establish control of their lives

We know and value the ongoing work we do with people who use our services. Without service users and volunteers, such as yourselves, there would be no Trust. We are therefore reaching out to you to see if you would like to join us and take part in this work.

If you are a service user who has been impacted by life experiences, whether it is physical and/or mental wellbeing and would like to work with us in a co-productive way, then do please let us know. Coproduction is at the heart of the trauma informed work we are doing, and this can be in various ways:

- Co- producing and delivering training.
- Attending events, forums, joining meetings
- Getting involved in research and development of services

We want you to not only have your voice heard but valued as we work together towards a more trauma informed Trust as a whole.

If you feel you would like to know more or be a part of ongoing Trust development and you would like your lived experience to influence the development of SWYPFT in a trauma informed way, please contact us here at the Recovery College on 01924 316946 or wakefieldrecoverycollege@swyt.nhs.uk



Turning Point Talking Therapies

TURNING POINT TALKING THERAPIES

Turning Point Talking Therapies workshops are delivered by qualified Therapists and follow evidence-based treatment (this means they are proven to work and NHS recommended!). Learn useful coping strategies, which you can put into action to improve the areas of your life which are impacting on your mood.

Upcoming Emotional Wellbeing Workshops:

Managing Anxiety and Worry

Sun 26 Mar, 11am - 12:30pm

Sun 23 Apr, 1pm - 2:30pm

Managing Anger and Irritability

Sun 26 Mar, 1pm - 2:30pm

Wed 19 Apr, 11:30am - 1pm

Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL

Living in Uncertain Times

Wed 29 Mar, 11:30am - 1pm

Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL

Combating Low Mood

Sun 2 Apr, 11am - 12:30pm

Managing Work Stress

Sun 2 Apr, 1pm - 2:30pm

Improving Sleep

Wed 5 Apr, 11:30am - 1pm

Positive Body Image

Wed 12 Apr, 11:30am - 1pm

Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL

Menopause & Me

Sun 16 Apr, 1pm - 2:30pm

Mindful Pregnancy

Thu 20 Apr, 1pm - 2:30pm

Exploring Grief and Depression

Sun 23 Apr, 11am - 12:30pm

Emotional Eating

Wed 26 Apr, 11:30am - 1pm

Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL



Overcoming Panic Attacks


Sun 30 Apr, 1pm - 2:30pm

Address: Samaritans, 37-39A Charlotte St, Wakefield WF1 1UL

It is ok to be shy and just listen and there is no pressure to disclose any personal or difficult information.

You can attend as many workshops as you feel would be useful. Secure your spot here: <https://mytp.me/Wellbeing-Workshops-PMHN>

Wellbeing Workshops with Richmond Fellowship



Wellbeing Workshop!

When: Every Tues morning from 4th April 2023

Where: The Gaslight, Lower Warrengate, Wakefield WF1 1SA



This 6 Week Wellbeing Workshop covers a range of topics every week as follows:

1. Course Introduction
2. Anxiety and assertiveness
3. Loneliness and depression
4. Anger and stress
5. Body image and self confidence
6. Taking care of yourself


Looking after your mental wellbeing and learning how to deal with different and difficult emotions is very important to maintain a good quality of life.

You don't need to bring anything, everything will be provided.

For more information or to sign up, please contact Judith:
judith.lindley@richmondfellowship.org.uk
Or call 01924 339 757 (office) / 07542073992 (mobile)



RF Wakefield Community Support





Wakefield Community Support Service "What's On"

Tuesday

GAMES GROUP	Geek Retreat, Bullring, 44-46 Northgate, Wakefield, WF1 3AN	12.00 pm – 1.30 pm
COMMUNITY OUTREACH DROP-IN SESSION	Pontefract Library, Shoemarket, Pontefract, WF8 1BD	1:00 pm – 3:00 pm
NEWSLETTER GROUP	Online using Microsoft Teams	4:00 pm – 5:00 pm

Wednesday

I.T. SUPPORT GROUP (Fortnightly)	Wakefield One Library, Burton Street, Wakefield, WF1 2EB	10.30 am – 12 noon
ARTS AND CRAFTS GROUP	Nova, 11 Upper York Street, Wakefield, WF1 3LQ	2:00 pm – 4:00 pm
COMMUNITY OUTREACH DROP-IN SESSION	St George's Community Centre, Broadway, Lupset, Wakefield, WF2 8AA	4:00 pm – 6:00 pm

Thursday

NEWMILLERDAM WALKING GROUP	Meet in the Main Car Park, Newmillerdam Country Park, Newmillerdam, WF2 6QP	10:30 am – 12:30 pm
COMMUNITY OUTREACH DROP-IN SESSION	Lightwaves Community Centre, Lower York Street, Wakefield, WF1 3LJ	4:00 pm – 6:00 pm

Friday

COMMUNITY OUTREACH DROP-IN SESSION	Salvation Army, Booth Street, Castleford, WF10 1SA	1:30 pm – 3:00 pm
HOPE PEER SUPPORT GROUP	Richmond Fellowship, The Gaslight, Lower Warrengate, Wakefield, WF1 3AA	11.30 am – 1.30pm
CREATIVE WRITING GROUP (Fortnightly)	Richmond Fellowship, The Gaslight, Lower Warrengate, Wakefield, WF1 3AA	2.30 pm – 4.00pm

If you are interested in attending any of the groups, please contact the team on 01924 339157 or Email wakefieldsupport@richmondfellowship.org.uk



Open Country



Trailblazers

Try our day service with a difference!



A group for adults with learning disabilities and autism to help complete access improvement work across Wakefield.

When: Every Tuesday
Time: 10am - 4pm
Venue: Thornes Park Nursery,
Thornes Road, Wakefield, WF2 8QE



Wakefield-based charity Open Country is welcoming new members to its Trailblazers group, to complete tasks such as path laying, scrub clearing, bench building and more. This will take place across the Wakefield district, with transport in our accessible minibus.

For more information or to book on for a FREE taster day,
please call or email:

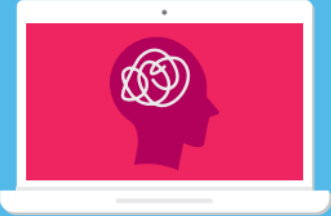
07426 716677 or 07857 834364
wakefield@opencountry.org.uk
www.opencountry.org.uk/wakefield





Turning Point Single Parents Day Workshops

SINGLE PARENTS DAY: FREE WELLBEING WORKSHOP




There is no pressure to share personal experiences, you can just come along and learn, however, there will be opportunity for you to ask questions or share if you choose to do so.

SUPPORTING SINGLE PARENTS




Tue, 21st March: 11am - 12:30pm
Sun, 7th May: 11am - 12:30pm


Single parenting can be extremely challenging and it can be difficult to know what to do to get through. This workshop is to provide help and support to people who may be finding it hard to be a single parent. We will look at some of the common challenges single parents may be experiencing, how this affects our mental health and wellbeing, and some advice and strategies to cope. We will also discuss how to access further help.

SECURE YOUR SPOT : 01924 234 860
talking.turning-point.co.uk
If more support is needed there is a menu of other treatment options available.



TURNING POINT
TALKING THERAPIES

  
@wakefieldtalkingtherapies

TURNING POINT 

Creative Age Printmaking



Tuesdays 25 April–16 May 2023, 11:00 - 13:00
Free course for people living with dementia and/or their carers. Taught by a professional artist in a relaxed, welcoming environment. No experience necessary.

Explore a variety of different printmaking processes including collagraph and lino printing in our professional print studio diane@the-arthouse.org.uk



Professional Education & Training

Safer Sleep Week



13th – 19th March is safer sleep week. The Lullaby Trust has developed a range of resources and information. Visit their website for more information.

<https://www.lullabytrust.org.uk/about-us/safer-sleep-week/>

As part of the week, there will be a 'train the trainer session on **Wed 29th March** from 2 to 3pm. Email Valerie Mzizi to register your interest at: valerie.mzizi.nhs.net For more information visit the Every Sleep a Safe Sleep resource page <https://www.wypartnership.co.uk/our-priorities/maternity/safer-sleep>

Job/ Volunteer Opportunities

Personalised Care online training



The West Yorkshire Health and Care Partnership's Personalised Care Programme is offering a series of fully-funded online training workshops designed to upskill staff and volunteers within the West Yorkshire system. This training programme will equip you with the skills to deliver

Personalised Care approaches to address inequalities, meet the needs of our most vulnerable communities, and change the relationship between people and professionals.

- Reducing Health Inequalities: <https://www.eventbrite.co.uk/e/west-yorkshire-hcp-reducing-health-inequalities-workshops-tickets-571671564037>
- Foundations of Health Coaching: <https://www.eventbrite.co.uk/e/west-yorkshire-hcp-foundations-of-health-coaching-workshops-tickets-571945383037>
- Understanding Health Literacy: <https://www.eventbrite.co.uk/e/west-yorkshire-hcp-understanding-health-literacy-workshops-tickets-574248080467>
- Personalised Care Support Planning: <https://www.eventbrite.co.uk/e/west-yorkshire-hcp-personalised-care-and-support-planning-workshops-tickets-560191597147>

If you have any questions, please contact the training provider info@dnainsight.co.uk.



Volunteers Needed

To help people with a disability access the countryside.

Volunteers needed in Wakefield to help our members enjoy tandem cycling on Wednesday and Thursday evenings, 6-9pm starting on the 5th & 6th April.

A great opportunity to do something meaningful in the local community, make new friends, have fun and improve your health and wellbeing.

No experience necessary - all training is provided. Just bring lots of enthusiasm and a sense of humour!



07426 716677

wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield



Funding Opportunities

Third Sector Awards now open for entries

**ThirdSector
Awards**

Your chance to shout out about how good your charity/organisation/team is

<https://www.thirdsectorawards.com/>



DEX registered with Easy Fundraising

DEX is now registered with Easy Fundraising! That means you can raise money for DEX through your online shopping without it costing you anything!

Signing up to Easy Fundraising is very quick and completely free- I have attached a step-by-step guide.

For every sign up in the next two weeks, Easy Fundraising will give DEX an extra pound!

Please sign up if you can. Let us know if you need any help. Here's the information in BSL: https://youtu.be/6E6kfJ_1Vl

Surveys, Campaigns, New Websites & Other Newsletters

Affordable warmth

- <https://www.wypartnership.co.uk/our-priorities/population-health-management/affordable-warmth>
- <https://www.wakefield.gov.uk/housing/energy>

New Communications and Engagement Toolkit

https://www.wypartnership.co.uk/application/files/7516/7836/5886/21-086784-01_NHSE_Health_Inequalities_Toolkit_FINAL_CLEAN_PUBLIC_030323.pdf





Recovery College Wakefield

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

Download the Recovery College's newsletters here

<https://www.wakefieldrecoverycollege.nhs.uk/resources/the-supporter-newsletter/>

Your Health Matters



Wakefield Council, the local NHS and partners are working with BMG Research to carry out a population health and wellbeing survey.

It is open to all Wakefield residents, over the age of 18 years old. It asks about residents' health, mental health, and the things they do and experience in daily life.

The survey is completed anonymously and once returned to BMG Research, your data will be kept confidential and secure.

The survey can be completed

at: <https://surveys.bmgresearch.co.uk/wix/5/p431102874775.aspx>

More information can be found at: <https://www.wakefield.gov.uk/health-care-and-advice/public-health/adult-population-health-survey>

Young Carers



To celebrate Young Carers Action Day (15.03.23), we've created a poll (alongside Young Healthwatch) on the WF-I-Can website to find out what is important for young carers in the Wakefield District.

Please do share the poll with any groups of young people that you work with [https://wf-i-](https://wf-i-can.co.uk/notice/young-carers-action-day-15-03-23/)

[can.co.uk/notice/young-carers-action-day-15-03-23/](https://wf-i-can.co.uk/notice/young-carers-action-day-15-03-23/)

If a young person you work with would like to answer the poll in another format i.e. over the phone, via text or email, please contact Safeen:

safeen.rehman@healthwatchwakefield.co.uk or phone 07885913395.



Yorkshire Cancer Community



Welcome to our Spring newsletter. You can also find it on our website at www.yorkshirecancercommunity.co.uk/spring-newsletter-2023/

Many of you responded to my request for the advice you would offer to someone finishing cancer treatment. Inside the newsletter you will find out how we made patient videos and a leaflet using your information. You can also access the leaflet here: https://yorkshirecancercommunity.co.uk/wp-content/uploads/2023/03/YCC_Finished-Cancer-Treatment_A5-DS-v3.pdf

Wakefield District Health and Care Partnership



**Wakefield District
Health & Care
Partnership**

**Wakefield District Health and Care
Partnership**

Awareness survey 2023

Please answer ten quick questions to tell us how much you know about the WDHCP, how you currently receive news and updates, and where you would expect to get more information about the Partnership in the future. Your answers are anonymous and will help to inform our communications plans. The survey will take two minutes to complete and will close on Monday 17 April.

Take the survey: <https://www.smartsurvey.co.uk/s/WDHCP2023/>

Nova, Wakefield



Have you registered for Nova's newsletters? Here's the link

[Nova - Building a vibrant voluntary sector in Wakefield District \(nova-wd.org.uk\)](http://nova-wd.org.uk)



PMHN Member Exclusives

Grief and Loss Service to Close



The West Yorkshire HCP is closing its grief and loss service at the end of this month. They are asking us not to refer anyone to the service after this date:

Grief and Loss service closes on 31 March

The West Yorkshire public Grief and Loss line 0808 1963833 and online chat service will be withdrawn from 31 March. The number will have an answerphone message that explains that the service is now closed and directing callers to other sources of support, primarily the local 24 hr crisis lines.

We have removed information about the Grief and Loss service from the Partnership website and social media and ask that partners do the same in line with the close-down date.

Zero Suicide Alliance



Our **FREE** online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.

<https://www.zerosuicidealliance.com/training>

Creating Hope through Language

The following poster shows how much language matters – the information has been researched from:

Information has come from:

<https://shiningalightonsuicide.org.uk/wp-content/uploads/2021/04/Language-guide-for-talking-about-suicide.pdf>
https://www.researchgate.net/publication/333390095_Language_Use_and_Suicide_An_Online_Cross-Sectional_Survey
https://www.researchgate.net/publication/237011391_Suicide_and_Language_Why_we_shouldn't_use_the_'C'_word
<https://psycnet.apa.org/record/2021-22428-001>
https://media.samaritans.org/documents/Samaritans_Media_Guidelines_UK_Apr17_Final_web.pdf



CREATING HOPE THROUGH LANGUAGE

Why? Research shows:

- The words we choose matter.....Language is powerful!
- Talking about suicide can help protect someone
- Non-stigmatising, compassionate language is important

Alongside the language, remember

- Don't avoid conversations through worry you'll say the wrong thing
- Show you are listening
- Find a quiet place without disturbances
- Try not to cut the conversation short
- It's ok to slip up from time to time
- You can find out more information at suicidepreventionwestyorkshire.co.uk



SAY: Died by suicide, lost their life to suicide, took their own life.



AVOID: Commit/committed suicide.



The word 'commit' could imply suicide is a sin or crime.



SAY: Died by suicide, fatal suicide attempt.



AVOID: Successful or completed suicide.



It can frame a very tragic outcome as an achievement or something positive.



SAY: Suicide attempt, survived a suicide attempt.



AVOID: Failed or unsuccessful suicide attempt.



Failed or unsuccessful can imply the opposite would be a positive outcome.



SAY: ...is thinking of suicide, ...is feeling suicidal, ...is experiencing suicidal thoughts or feelings



AVOID: ...is suicidal.



Helps to avoid defining someone by their experience with suicide.



AVOID: ...is feeling suicidal because of/took their own life because...



The reasons for someone thinking of or taking their own life are complex so it is important not to speculate.



AVOID: Cry for help.



Suicide attempts must be taken seriously. Describing an attempt as 'cry for help' dismisses the intense emotional distress someone is experiencing.



SAY: Are you having thoughts of suicide?/are you feeling suicidal?/have you been thinking about killing yourself?



AVOID: You're not going to do anything silly are you?/Are you thinking of ending it all?/You're not going to top yourself are you?



This is to show that you are prepared to talk about suicidal thoughts and feelings and take it seriously. It's important to be direct. Using the word suicide shows people you are ok with them talking about it too and that you are there to listen.