

Suicide Prevention network newsletter



Welcome to the August edition of the Suicide Prevention Network Newsletter

This month, we're shining a spotlight on the following key topics:

- **Hertfordshire Suicide Prevention & Postvention Readiness Pack: Education Leadership Event**
- **Understanding Self-Harm: Insights from the Sandbox Campaign**
- **Roma Holocaust Memorial Day**
- **Loneliness and mental health**

We encourage you to share these resources with anyone who may benefit from them. If you know a colleague who would like to receive these updates, they can request a sign-up form by emailing SuicidePreventionHerts@hertfordshire.gov.uk.

If you have content you'd like to contribute, or if you have any questions about this newsletter, please don't hesitate to get in touch via the same email address.

Your mental wellbeing matters

If any of the topics covered this month affect you, please take a moment to prioritise your wellbeing. Our [mental wellbeing booklet](#) offers tailored support options, and you can find additional resources on our [mental health wellbeing webpage](#).

Where to find mental health support in Hertfordshire

Our animation, showing how to find mental health support in Hertfordshire using our resources, is now available on YouTube. Please feel free to share in your own communications.

[How to find mental health support in Hertfordshire](#)

Hertfordshire Suicide Prevention & Postvention Readiness Pack: Education Leadership Event

The OLLIE Foundation has published the recording of the recent leadership event focused on Hertfordshire's Suicide Prevention and Postvention Readiness Packs for

education settings. This resource is now available on their YouTube channel and provides an overview of both the education and community packs. The session also highlights key tools such as the Just Talk framework and the carers resource.

We encourage professionals working in education and mental health to view and share this video widely. It offers valuable insights into supporting suicide prevention and postvention efforts across schools and community settings.

 [Watch the video on YouTube](#)

Understanding Self-Harm: Insights from the Sandbox Campaign

As summer begins, we're spotlighting an important topic: self-harm. The Sandbox campaign, commissioned by NHS Greater Manchester, aims to deepen understanding of self-harm—how to talk about it, support those affected, and reduce stigma.

This initiative is part of the [Greater Manchester Month of Hope](#), which also includes the [Community of Hope programme](#). Through this, local residents are trained as Community Reporters to share stories of resilience and recovery, fostering hope and connection.

Mental health professionals are encouraged to engage with these resources and consider how similar community-led approaches might be adapted locally.

Roma Holocaust Memorial Day

"Marking Roma Holocaust Memorial Day on 2nd August is vital to recognise a genocide too often forgotten and to honour the resilience of Roma and Sinti people. It reminds us of the urgent need to challenge ongoing racism and discrimination.

Over 500,000 Roma and Sinti people were murdered during the Holocaust, including nearly 3,000 killed in one night at Auschwitz-Birkenau on 2nd August 1944.

Remembering this history is a step toward justice, dignity, and inclusion for all."

– GATE Herts

<https://hmd.org.uk/news/settelas-story/>

<https://hmd.org.uk/news/life-sinto-boxer-johann-rukeli-trollmann/>

<https://hmd.org.uk/news/auschwitz-birkenaus-gypsy-family-camp/>

Loneliness and Mental Health

Loneliness is increasingly recognised as a significant public health issue with far-reaching mental health implications. Recent data highlights the scale of the challenge:

- In 2022, nearly **50% of UK adults** reported feeling lonely at least occasionally.

- Around **7.1%** (3.83 million people) experience chronic loneliness—feeling lonely “often or always.”
- This marks an increase from 6% in 2020, suggesting a sustained impact of the COVID-19 pandemic.

The UK Government’s *Tackling Loneliness Strategy* identifies higher loneliness rates among:

- Young adults (16–24)
- Women
- Individuals who are single or widowed
- Those living with limiting mental health conditions
- Renters
- People with low neighbourhood belonging or social trust

Mental health professionals play a vital role in recognising and addressing loneliness in clinical and community settings. For further information and resources, visit the [Campaign to End Loneliness](#).

A spotlight on resources

The Diversity, Inclusion and Wellbeing team are delighted to share the updated ‘Understanding Religion and Belief in Hertfordshire’ [Cultural Card](#), which is now ready for wider circulation.

This resource has been developed with input from our Faith and Interfaith community contacts, staff network groups and the Diversity and Inclusion Managers, and shaped by feedback from across the organisation. It now includes 11 religious and belief systems, offering a concise and accessible overview to support inclusive practice, particularly for front-line colleagues.

Funding opportunities

Hertfordshire County Council are pleased to offer this year's first grant opportunity for voluntary, community, faith and social enterprise organisations who are working in the community to support people with dementia and mild cognitive impairment.

Fundable activities include those that will provide:

- Direct support to people living with dementia and/or carers,
- Opportunities to upskill people about topics related to living with dementia, or

- Work that will enable Hertfordshire to become more dementia aware and inclusive

Application:

- Each proposal can request between £500 and £5,000
- Complete and send the [proposal form](#) to community.wellbeing@hertfordshire.gov.uk
- The deadline for this funding round is **11.59pm 15 August 2025**.
- Responses to be issued week beginning **1 September 2025**.
- Further rounds may become available in the future.

Please see the [proposal form](#) for more details and contact community.wellbeing@hertfordshire.gov.uk if you have any queries.

Upcoming events

If you have an event you would like us to promote, then please email us at suicidepreventionherts@hertfordshire.gov.uk

- [Herts Pride](#)

When: Saturday 30th August 2025

Where: Cassiobury Park Watford Hertfordshire

Herts Pride is a non-profit organisation run entirely and exclusively by volunteers in order to help support the local LGBTQ+ community. [Visit the website to learn more.](#)

- **Suicide Bereavement UK's conference**

Suicide Bereavement UK will be holding their 14th international conference on the theme of "Leave No-one Behind." The conference will be held in Manchester on the 25th Sept 2025, but there are also hybrid options.

[Click here for more information and to book](#)

- **Weight Stigma through the Lifecourse Virtual Workshop** led by Dr. Stuart W. Flint, Associate Professor of the Psychology of Obesity at the University of Leeds and President of Scaled Insights.

When: Wednesday 1 October 2025, 10:30-12:00

Where: Online

This workshop will explore the impact of weight stigma across healthcare, education, media, and society. Through evidence-based insights and interactive discussions, participants will:

[Register your place here - Weight Stigma Workshop](#)