

Suicide Prevention network newsletter



Welcome to the September edition of the Suicide Prevention Network Newsletter

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

- Hub of Hope
- Looking back on the first year of the GRID (Grassroots Inclusion Development Fund Project)
- 'Behind the smile' from Togetherall
- The End Stigma campaign

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. You can find support and resources on our [mental health wellbeing webpage](#).

New Strategic Lead for Mental Health and Suicide Prevention

Following a recent recruitment process, Shelley Taylor has been appointed as the new Strategic Lead. Shelley will be moving from her current role as Strategic Lead for Children and Young People in Public Health in September. Some of you will already know Shelley from her previous role as Lead for the NHS England Herts and West Essex Wave 4 Suicide Prevention and Postvention Programme. Shelley is looking forward to working with you all again on the mental health and suicide prevention agenda.

Hub of Hope

Hub of Hope is the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help.

[Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)

You can find this link and others on our [Mental Health and Wellbeing webpage](#).

Togetherall: September content

This month, Togetherall are championing their 'Behind the smile' campaign, highlighting how poor mental is not always visible. You are welcome to use their text below in your own campaigns in Hertfordshire, and we have attached the image assets.

Behind every smile, there can be a story others can't always see, but you don't have to face it alone. At @togetherall, you can talk about what you're going through anonymously and connect with others who understand. Join the supportive community today and start the conversation that could make all the difference. Access FREE anonymous online peer support at [Togetherall](#).

Supporting mental health in Hertfordshire: looking back at year one of the GRID project

An art exhibition at the London Saatchi Gallery, helping families to get their hands dirty in community allotments, supporting LGBTQ+ individuals through mentorship, and veterans inspiring veterans to take part in exercise sessions are some of the highlights shared by the five organisations taking part in the [GRID project](#) (Grassroots Inclusion Development Project), launched last year by Hertfordshire County Council.

You can read the blog here: <https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/supporting-mental-health-in-hertfordshire>

The End Stigma Campaign

 Over 75% of people dependent on alcohol in Hertfordshire aren't getting the support they need.

Behind every dependency is a human story. Many people turn to drugs or alcohol not out of choice, but sometimes out of necessity—to survive trauma, manage mental health struggles, or escape stress that feels overwhelming.

Yet stigma remains one of the biggest barriers.

Negative labels and societal judgement isolate people, keeping them from seeking help, accessing treatment, and rebuilding their lives. The result? A cycle of shame, silence, and suffering.

We must change the narrative.

 Compassion over stigma

 Support over shame

From July to March, we're calling on professionals, community members, and allies to join our End Stigma Campaign. Together, we can create a Hertfordshire where everyone feels seen, heard, and supported.

 Here's how you can help:

-  Share real stories—because storytelling breaks down barriers.
-  Take part in drug and alcohol awareness training—empower yourself to make a difference.
-  Amplify our message by sharing our social media posts.
-  Visit our campaign page to learn more and get involved: www.hertfordshire.gov.uk/endstigma

Let's stand together to replace judgement with understanding.
Because everyone deserves a chance to heal.

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](#)

New courses from the Wellbeing College:

Music for Mental Wellbeing

We're thrilled to introduce two brand-new courses focused on the powerful connection between music and mental health:

- [Music for Mental Wellbeing](#)
Discover the science of how listening to music affects and supports wellbeing.

- [Music for Mental Wellbeing – Practical](#)
Come and have fun, get creative, and learn how music-making can improve wellbeing

Events:

- *Wellbeing College: Join Us at the 19th Annual Recovery Conference.*
Thursday, 11 September 2025, 🕒 9:30 am – 4:30 pm, 📍 [Robertson House, Stevenage](#)

We're delighted to attend this year's HPFT Recovery Conference and even prouder that students on our Development Programme will co-host a workshop.

This year's theme is "Let's Connect—It's All About Relationships."

It's a brilliant chance to:

- Hear inspiring stories from people with lived experience
- Connect with professionals and people on their recovery journey
- Explore new tools to support your or your clients' wellbeing
- Meet the College team in person and visit our stall

[Book your free place and join us for this inspiring day!](#)

- **Suicide Bereavement UK's conference**

Suicide Bereavement 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](#)