

Suicide Prevention network newsletter



Welcome to the October edition of the Suicide Prevention Network Newsletter

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

- **World mental health day**
- **Autumn Hertfordshire Health Walks**
- **Staying safe from suicide eLearning**
- **Under the Bridge – a short film from one of our GRID organisations**

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](#).

World mental health day: Friday 10 October 2025

Poor mental health is not inevitable, and World mental Health Day is an opportunity for us all to talk about mental health and consider how, together, we can help everyone have better mental health.

This year's theme set by the World Federation for Mental Health is access to services - [mental health in catastrophes and emergencies](#). The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

You can also download posters and social media graphics [here](#).

Togetherall have a range of member testimonials you can use to help promote the service across Hertfordshire. We have attached a graphic which you are free to use, along with the text below:

Real stories. Real support. @Togetherall is a safe, anonymous, online community where you can connect, share, and be heard—anytime, anywhere. Join today and see the difference for yourself: [Togetherall](#)

Marking World Suicide Prevention Day: A Collaborative Event Driving Forward Local Strategy

On World Suicide Prevention Day (10 September), the Public Health Team co-hosted a powerful and collaborative event alongside key partners in mental health and suicide prevention.

The insights and feedback gathered during the event will directly inform the development of the strategy's action plans, ahead of its formal launch later this year.

🎥 To find out more about the event, watch the video here: [#wspd2025](#)
[#worldsuicidepreventionday #wspd | Hertfordshire County Council](#)

We'd like to thank all those partners that were able to join us for this great event for their commitment and engagement.

Under the Bridge

Under the Bridge is a powerful new film by Child Of (one of our [GRID organisations](#)), produced by Syntax Error, featuring artist Sarah Brooks and her voice collective. The project is supported by Druglink and The Old Town Hall, Hemel Hempstead and Hertfordshire County Council.

The journey began when Sarah, a mentee in the Child Of Mentorship Programme, shared a dream close to her heart: to sing beneath a bridge. In phase two, Sarah brought together a group of remarkable individuals, a voice collective made up of people impacted by addiction, homelessness, or drawn to the healing power of music.

You can [watch the film here](#).

Hertfordshire Health Walks Autumn timetable

Autumn Health Walks timetables are now [online](#)! 🍂 All walks are free with no booking required (new walkers can complete a form online or arrive ten minutes early to a session to complete the form.) Please do share across your networks.



Staying safe from suicide e-learning course

NHS England's [Staying Safe from Suicide: Best practice guidance e-learning session](#) was launched this month. This e-learning session is designed to complement the [Staying Safe from Suicide Guidance](#), which was published earlier this year. The e-learning session is specifically designed for mental health practitioners working in the NHS as well as in private, voluntary, and charity care settings.

Sunflower Champions

The Herts Sunflower Champion Network offers you an opportunity to receive fully funded Domestic Abuse Awareness training to improve your confidence in understanding domestic abuse and guidance on how you can provide a safe space to talk for those who might need it. You can find more information here: [Sunflower Champions](#)

Autism Strategy

The Autism Strategy and easy-read version of the autism strategy are now published on the Hertfordshire website at the link below, under "Services delivery."

[Adult care service - strategic plans and reports | Hertfordshire County Council](#)

Events

Register for the 2025 VCFSE Conference - Leading Through Changing Times: Strengthening Local Partnerships

Date: 20 October 2025

Venue: Hertfordshire Development Centre, Robertson House, Stevenage, SG1 2FQ

[Registration is open – secure your free place today!](#)

This conference will bring together leaders and changemakers from across the VCFSE sector to discuss how organisations can build resilience, collaboration, sustainability, and innovation in today's rapidly evolving landscape.

Engaging Men in Workplace Health

 Tuesday 14th October 2025

 12-1pm (45-min interactive session + 15-min Q&A)

Ahead of Men's Health Month, Josh Clamp (Registered Nutritionist and founder of The Men's Health Nutritionist) will be hosting a free webinar for HR, Wellbeing and L&D staff on engaging men in Workplace Health. He'll cover why men often don't engage, how to overcome barriers, and simple, low-cost ways to get men involved this November. Learn more about the webinar here: <https://lnkd.in/p/gcViDCDP>

Sign up here: https://us06web.zoom.us/meeting/register/-97oSCbaTT6Eiq2_kLee4Q

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