

# Suicide Prevention Network Newsletter



## Welcome to the December edition of the Suicide Prevention Network Newsletter

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

- **Mental health and wellbeing at Christmas**
- **Just Talk November campaign**
- **Winter welfare visits**
- **HPFT YouTube shorts**

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](mailto: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](#).

### **Hertfordshire Suicide Prevention Strategy launch**

Thank you to everyone who attended our suicide prevention strategy launch and workshop on Wednesday 26 November. The full strategy will be published on our website this month, but in the meantime, you can watch our [summary animation](#).

## **Need mental health and wellbeing support this Christmas?**

The festive season can be joyful, but it's okay if it feels overwhelming. Support is available—day or night.

We have created a [Christmas wellbeing animation](#) based on the NHS '5 ways to wellbeing' which also gives information on where to go for mental health support this Christmas.

In addition, we have attached a [poster version](#). Please do share both in your own communications.

## **Did you catch the Just Talk campaign?**

17<sup>th</sup> – 21<sup>st</sup> November was [Just Talk week](#). This year's theme was 'The power of music on mental health,' exploring how music supports the mental health and wellbeing of children and young people.

If you would like to learn more, visit the webpage link above, or the Just Talk social media channels below:

- Facebook: <https://www.facebook.com/Justtalkherts/>
- Instagram: <https://www.instagram.com/justtalkherts>
- Twitter: <https://x.com/JustTalkHerts>

## **Togetherall is now registered under UK MHRA's Software as a Medical Device (SaMD) framework**

This alignment shows that Togetherall is now formally mapped to the MHRA's expectations for digital platforms that support mental health. You can learn more about what this means [here](#).

You can also use the text below and [attached graphic](#) to promote the Togetherall platform on your channels:

❄️ This season can feel lonely, but you don't have to go through it alone. @Togetherall offers a safe, supportive, anonymous community—free and available 24/7. 🧡 There's

also a range of other helpful resources. Find connection whenever you need it, at [togetherall.com/hertfordshire](https://togetherall.com/hertfordshire)

### **New neurodiversity Suicide Prevention Hub**

[Grassroots Suicide Prevention](#) have launched a new [Neurodiversity Suicide Prevention Hub](#), a trusted space offering guidance, practical tools, and resources for neurodivergent people and those supporting them. Developed with [Amaze](#) and Grassroot's Lived Experience Advisory Group, the hub provides insights, lived experience stories, professional guidance, safety plans, and specialist resources.

### **Men's mental health campaign**

West Northamptonshire Council and North Northamptonshire Council (NNC) have reaffirmed their commitment to suicide prevention and mental health support by launching a **powerful new campaign focused on male mental health**.

The campaign aims **to raise awareness of the importance of male mental health, reduce stigma, and promote access to local and national support services**. As part of the campaign they have produced a short film [Northamptonshire Male Suicide Prevention](#). It highlights real stories from local males, encouraging open conversations and offering messages of hope.

### **Age UK Hertfordshire**

Age UK Hertfordshire are delivering Winter Welfare Visits to support older and/or vulnerable people to stay warm and safe this winter. **This service is fully funded by HCC under the Household Support Fund and is free of charge.**

Support will be delivered via our 'handyperson' service,

who can help with:

- Providing and installing radiator reflector strips to maximise heat dispersion
- Providing and installing draught excluders for doors and windows to reduce heat loss
- Providing and installing night lights and replacing faulty energy-efficient bulbs
- Providing an electric blanket or winter duvet (single size only)

- Helping to take meter readings and set heating timings and thermostats (please note we are unable to help with central heating issues as this will require a gas-safe engineer and/or appropriate tradesman)

**The service will run from 27th October 2025 to 31st March 2026.**

**To make a referral, please complete the referral form (click [here](#) for form)** and return it using the contact details provided. The Age UK Hertfordshire team will then contact the client to arrange the visit

and discuss their individual needs.

All team members are DBS checked, referenced, and will carry ID.

For further information on the service please contact [Agefriendly@ageukherts.org.uk](mailto:Agefriendly@ageukherts.org.uk)

### **HPFT YouTube Shorts**

HPFT Talking Therapies are excited to announce the launch of their new YouTube Shorts, introduced alongside our 'Talk for Your Health' campaign. These short, engaging videos from our colleagues talk about the emotional toll of living with Type 2 Diabetes, as well as a powerful real-life story from Alan Bellinger, Chair of the Hertfordshire & West Essex Diabetes Support Group, reflecting on his 18-year journey of living with and managing the condition.

[Hertfordshire & Mid Essex Talking Therapies - YouTube](#)

### **Events**

#### **Bereavement: Living with Grief and Loss**

This webinar is aimed at helping people navigate the complex and confusing landscape of grief and loss. It is dedicated to both people who are grieving and those who are trying to support them.

Tuesday 13 January, 10 am – 11 am

[Learn more here.](#)