

# Suicide Prevention Network Newsletter



**Welcome to the March edition of the Suicide Prevention Network Newsletter.**

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

- **Gambling-Related Harm training opportunities**
- **University mental health day**
- **Neurodiversity celebration week**
- **Living with anxiety support group for young people**

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](#).

**You can access an online version of this newsletter [here](#). Please do share or link in your own communications.**

## **Gambling-Related Harm: training opportunities**

Hertfordshire Public Health, in partnership with **Breakeven**, is offering **free specialist Gambling Awareness Training** for anyone working with vulnerable groups. This includes staff across health, social care, housing, VCSE organisations, community roles and anyone who may encounter gambling-related harm in their work.

## **Why this matters for suicide prevention**

Emerging national evidence highlights that gambling harm can significantly impact mental wellbeing. People experiencing harmful gambling may face **high levels of stress, shame, financial pressure and isolation**, all of which are recognised contributors to suicidal ideation. NICE guidance (NG248) now recommends routinely asking about gambling—even when no obvious risk factors are present—particularly when discussing smoking, alcohol, or other substance use.

In Hertfordshire, it is estimated that **38,000 people experience problem gambling**, and **78,000 people are affected by someone else's gambling**. Supporting early identification plays a vital role in reducing harm and helping people access support before crisis point.

**There are two options for training:**

**1.5 hour Bet You Can Help Now! (MS Teams)**

- 24<sup>th</sup> March 2026, 10 – 11.30am

**Full day accredited Level 2 training, Bet You Can Help (in person at Welwyn Garden City Library)**

- 10<sup>th</sup> March 2026, 10am – 4pm

**For further information and to book, please click this link:**

[Public Health Training | Hertfordshire County Council](#)

If you have any questions, please do not hesitate to get in touch with Lucy Fish [lucy.fish@hertfordshire.gov.uk](mailto:lucy.fish@hertfordshire.gov.uk)

For more information on support services visit: [Gambling | Hertfordshire County Council](#)

**University Mental Health Day: Thursday 12<sup>th</sup> March**

Organised by Student Minds and [UMHAN](#), University Mental Health Day takes place every March to get the nation talking about student wellbeing and working together to make mental health a university-wide priority. No matter who you are, you can take part.

Get involved digitally on 12 March using #UniMentalHealthDay for online conversations, events and content. This year's theme is 'human connection.' [Learn more here.](#)

**World Sleep Day: Friday 13<sup>th</sup> March**

World Sleep Day is an opportunity to promote sleep health alongside thousands of other sleep health professionals and advocates. There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep. And poor sleep can have a negative impact on your mental health. [Mind](#) have

information on their website including types of sleep problems, how sleep problems impact mental health, and [tips to improve your sleep](#).

### **Neurodiversity Celebration Week: 16<sup>th</sup> March – 20<sup>th</sup> March**

We all experience and interact with the world in a way that makes sense to us. Neurodiversity highlights the idea that there's no one right way to think, learn, behave or feel. People think differently, which means we can also utilise different ways to feel better. With Togetherall, members can share their experiences and share community. Read more about Neurodiversity in Togetherall's blog post: [what is neurodiversity?](#)

The Neurodiversity Celebration Week organisation will be hosting a webinar each day throughout the week. [Learn more here](#).

### **World Bipolar Day: Monday 30<sup>th</sup> March**

World Bipolar Day is celebrated every year on the 30th of March – the birthday of Vincent Van Gogh, who was diagnosed with bipolar after he died. World Bipolar Day aims to increase awareness and understanding of bipolar, while tackling stigma. [Learn more about bipolar and the day here](#).

### **Living with Anxiety support group for young people**

**Living With Anxiety** is a friendly and supportive online group for young people aged 15-18 who want to understand their anxiety and learn ways to manage it.

Each week, the group will work through different topics and activities together, supported by a **workbook** to help young people practice in their own time. This includes specific tools and **coping strategies**.

Weekly topics include things like, **challenging anxious thoughts, social anxiety** and more!

This group is a chance to learn new ways to cope, talk things through and find **comfort from others of a similar age struggling with anxiety too**.

This group takes place on a Tuesday, 7pm – 8pm.

You can self-refer, or a parent/ carer, teacher or professional can also refer someone to this group. [Learn more here](#).