

Suicide Prevention Network Newsletter



Welcome to the April edition of the Suicide Prevention Network Newsletter.

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

- Stress awareness month
- Music in Herts Dementia Care Champion Programme
- Mental health and substance misuse services directory reminder
- Events and training

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.

If you'd prefer to access this newsletter online, or would like to share a link in your own communications, then you can access one [here](#).

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](#).

Stress awareness month: be the change

April is stress awareness month, dedicated to increasing public awareness about the causes, effects, and management of stress. This year's theme is 'be the change.' Workplace stress is reaching record levels, affecting employees worldwide. Around 1 in 4 workers report feeling unable to cope with stress at work. Nearly 91% of employees have faced high stress or workplace pressure in the past year. Signs of burnout, including exhaustion and disengagement, are increasing, now impacting more than half of the workforce.

How can you get involved?

- You can access free resources to take part in Stress Awareness Month from the Stress Management Society [here](#).
- The [Mental Health UK webpage](#) has information about burnout, including what you can do to support others and yourself.
- Togetherall have stress-related graphics to use in your own campaigns, including work/ life stress, and exam stress. We have attached them for you to use in your own campaigns.

Mental health support milestone with Togetherall

We are pleased to share that through our partnership with Togetherall, we have now supported 3,000 residents with their mental health in Hertfordshire – 73% of which were not engaged with any other mental health support.

Togetherall is a free mental wellbeing support platform for all Hertfordshire residents aged 16+. It is available 24/7, 365 days a year, and is clinically moderated. Alongside peer-to-peer support where users can start discussions around their own mental health and wellbeing, the platform offers a range of modules that residents can complete in their own time, at their own pace. These include courses on:

- Managing anger
- Assertiveness training
- Cutting down on your drinking
- Coping with grief

Interested in learning more?

New users can register here (free for all Hertfordshire residents): togetherall.com/hertfordshire

Existing users can [log in here](#).

Music in Herts Dementia Care Champion Programme

HCPA have now opened the Music in Herts Dementia Care Champion Programme to Day Opportunities as well as Residential Homes, making this powerful training accessible to even more teams supporting people living with dementia.

Discover how music can enhance communication, connection, and wellbeing. This programme equips staff with the confidence and practical skills to use therapeutic music techniques every day.

Why Join?

Music can:

- Encourage verbal and non-verbal expression
- Boost cognitive stimulation
- Support reminiscence and self-identity
- Improve mood and reduce anxiety
- Strengthen engagement and social interaction

What the Course Includes

Co-delivered by HCPA and Music 24, this fully-funded three-day programme covers:

- Personalised music activities
- Passive and active listening
- Singing, rhythm and instrument sessions
- Life-story and person-centred approaches
- A full toolkit of session plans and resources
- A starter pack of instruments for your service

This programme also works well as an add-on to existing activities, enhancing current offers such as chair-based exercise, sport, or wellbeing groups through the purposeful use of music.

Delegates will develop and deliver a short music session, receive an in-service observation, and gain access to ongoing monthly support and a growing resource library.

If you're ready to bring joy, connection and meaningful engagement into dementia care, we'd love to welcome you.

Book onto our upcoming cohort starting on the 18th May

- <https://www.hcpa.info/courses/music-in-herts-dementia-care-champion-7/>

Mental health and substance misuse services directory reminder

The [mental health and substance misuse services directory](#) lists services where you can find mental health support, substance use support, or both for adults (18+). These services/organisations will work together to support individuals with co-occurring mental health and substance use needs.


Events and training


Hertfordshire Fire and Rescue are pleased to invite you to our upcoming Community Connectors Event, bringing together community leaders, faith leaders, charity partners, public service representatives and careers advisors from across Hertfordshire.

The aim of this event is to:


- **Introduce HFRS:** Provide an overview of our service, our responsibilities, and recruitment processes.
- **Showcase Career Pathways:** Highlight the wide range of operational and non-operational career opportunities available, including how individuals can apply.
- **Strengthen Partnerships:** Build and deepen relationships with leaders who serve and influence communities across Hertfordshire.

Event details:

 **Date:** 23rd April 2026

 **Time:** 13:00 – 15:00

 **Location:** Fire and Rescue Training Centre, Hitchin Road, Stevenage, SG1 4AE

 **RSVP:** Please use the link to confirm your attendance [HFRS Community Connectors Event – Fill in form](#)

Bet You Can Help Now! Training

Gambling-related harm training is available on the Public Health training website. Please do check for upcoming dates: [Public Health Training | Hertfordshire County Council](#)

we have put a page together for professionals that puts all useful links in one place. Please use this link: [Gambling \(professional\) | Hertfordshire County Council](#)

Public Health training website

The [Public Health training website](#) is live now. On it, you can filter by category to show the different topics covered in the training.

We currently have 3 ‘Spot the Signs and Save a Life’ sessions available for April. Please visit the link above to leave more.