Outlook

Re: September Suicide Prevention Network Newsletter

From Eve Coletta <eve.coletta@cpherts.org.uk>
Date Tue 08/09/2026 11:27
To Eve Coletta <eve.coletta@cpherts.org.uk>

Suicide Prevention Network Newsletter

Hertfordshire

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

This month, we're highlighting the following key topics:

- New Leaf courses for autumn
- New crisis text support service
- Online Harms JSNA Lite Bite
- Pocket Wellness Plan

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.

New Leaf Courses for Autumn

New Leaf courses for autumn: Our courses help people build confidence, reduce isolation, and develop practical skills to support their mental health and wellbeing. Students regularly tell us that they leave courses feeling more hopeful, empowered, and better equipped to make positive changes in their lives. Current timetable - Free mental health and wellbeing courses

New service launching September 2026: East of England All Age 24/7 Crisis Text Support Service

The new all-age, 24/7 Crisis Text Support Service will intend to launch across the East of England week commencing 8 September 2026. Commissioned by NHS Central East ICB, NHS Norfolk and Suffolk ICB, and NHS Essex ICB, and delivered by NXG Thrive, the service will support people in Bedfordshire, Luton, Milton Keynes, Cambridgeshire, Peterborough, Hertfordshire, Essex, Norfolk and Suffolk.
The service provides free, confidential, and immediate access to trained responders via SMS, WhatsApp, and online chat. It is available to people of all ages experiencing emotional distress, anxiety, loneliness, overwhelming thoughts, or anyone who needs someone to listen.
The service is integrated with the NHS to help people access timely mental health support and reduce the risk of gaps between services. It will provide an additional way for people experiencing mental health difficulties to access support, particularly those who find it easier to communicate by text rather than speaking on the phone.
The service will operate 24 hours a day, 365 days a year, and will complement the existing all-age 24/7 telephone support line.
If you have any queries, please do not hesitate to contact
Owais.Ahmed@hertfordshire.gov.uk Hana.Midgley@hertfordshire.gov.uk

Togetherall

We have attached some assets to help promote the Togetherall service across your networks.

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.

Togetherall is a free mental wellbeing support website for all Hertfordshire residents aged 16+. It is available 24/7, 365 days a year, and is clinically moderated.

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

Online Harms JSNA Lite Bite

The Online Harms JSNA Lite Bite summarises the evidence of the harms associated with social media and smart-phone usage in school age children, and the potential benefits of having smartphone free schools.
lite-bite-cyp-online-harms.pdf

If you are interested in this topic, our annual World Suicide Prevention Day Conference takes place on Wednesday 9 September at the Focolare Centre. The theme this year is ‘Children and young people: mental wellbeing, suicide prevention and safer digital lives’ and we will be launching our ‘Bricks for ’26’ initiative, which supports smartphone free schools. There are limited spaces still available, please sign up by Tuesday 1 September (for in-person attendance for whole day event) or Monday 7 September (for online attendance – morning only) by contacting publicmentalhealth@hertfordshire.gov.uk.

Pocket Safety and Wellness Plan

We are pleased to share Hertfordshire’s **Pocket Safety and Wellness Plan**, a practical, pocket-sized resource designed to help people recognise warning signs, develop coping

strategies, identify safe places, and access support during times of emotional distress or crisis. The plan encourages individuals to create a personalised toolkit for staying safe and promoting wellbeing, including trusted contacts, professional support services, and positive reminders. It can be completed independently or with support from a friend, family member, or professional, making it a valuable resource for suicide prevention and wellbeing conversations across our communities. Pocket card safety plan

Let's Open UP: new mental health podcast from HPFT Talking Therapies

Launching on 16 September, Let's Open Up… explores mental health through honest conversations with people who have lived experience, mental health professionals and guests. Whether you're in therapy, supporting someone you love, or simply interested in emotional wellbeing, this podcast is for you.

What you'll hear

Episodes will cover topics including:

- What therapy is really like
- Perinatal mental health
- Living with physical health conditions
- Neurodiversity
- Emotional wellbeing and more

Podcast: Let's Open Up | HPFT Talking Therapies

Events

- ### Annual VCFSE Conference

The Annual VCFSE Conference, ***Together Through Change***, will take place on Wednesday 7 October 2026 at The Fielder Centre, Hatfield, AL10 9TP.

This annual in-person conference brings together representatives of Hertfordshire's Voluntary, Community, Faith and Social Enterprise sector. Visit the link to learn more: Annual VCFSE Conference: Together Through Change - 7 October | Hertfordshire County Council

- ### Generation Dacorum

Do you know a young person who is unsure what they want to do after school or college? Or are they still exploring their options?

Generation Dacorum, is an exciting careers event bringing together local employers, businesses and organisations to showcase the opportunities available right here in Dacorum. Young people will have the chance to meet employers, discover different industries, learn about career pathways and gain valuable insights into the world of work.

🗓️ **30 September 2026** 🕒 **3.30pm - 5.30pm** 📍 **Hemel Hempstead Leisure Centre, Park Road, Hemel Hempstead**

Parents and carers are warmly encouraged to attend alongside their young person, making it a fantastic opportunity to ask questions, gather advice and explore future possibilities together.

Register your place today: Generation Dacorum

- ### Healthy Homes for Healthier Lives Training

A reminder that the first Healthy Homes for Healthier Lives training session of 2026/27 will take place on Thursday 3rd September, 11.00am to 12.30pm.
The session aims to increase participants' knowledge, understanding, and awareness of what makes a home healthy and why this is essential for both physical and mental wellbeing.

We would be grateful if you could help promote this training opportunity across your teams and networks. Those interested can register for the September session here.

Additional Healthy Homes for Healthier Lives training sessions are also available to book via the Public Health Training webpage:

- Tuesday 6th October, 2.00pm to 3.30pm
- Wednesday 4th November, 10.00am to 11.30am
- Tuesday 8th December, 3.00pm to 4.30pm

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