



Kent and Medway STP Suicide Prevention Programme Newsletter

Kent and Medway Listens Project

We are running a new project where we want to hear how **you are feeling** and gather your thoughts on how we can help mental wellbeing in Kent and Medway.

We launched the new Listening Project on World Mental Health Day, and the team took to Bluewater Shopping Centre last Sunday to promote support available via Release the Pressure but also to initiate these conversations with the public. We handed out hundreds of Release the Pressure materials and managed to have some in-depth and positive conversations with busy shoppers about their mental health and wellbeing. A big thank you goes to colleagues at Bluewater who helped make this happen!

Now, we are asking you to promote the Kent and Medway Listens Project far and wide amongst your Networks. Your input will highlight and help to address issues which are putting pressure on people in Kent and Medway. [Click here](#) to take part!

We'll look at all your feedback and make recommendations for future action in Kent and Medway to support you and your community.



A Better Medway Awards 2021 - nominations now open!

A Better Medway Awards celebrates success stories in the Public Health sector. There are many individuals, community initiatives and health services that help improve Medway's public health. This year's health awards celebrate those people and services who go above and beyond to help improve the health and wellbeing of Medway residents.

You can nominate an individual, organisation, community group or service in this year's ABM Awards. To vote, you'll need to complete a simple nomination form (which should take no more than five minutes).

[Visit the ABM Awards page for more details.](#)

Voting closes at 11:59pm on Sunday, 24 October 2021.

'Inappropriate Anger' - creative workshops

New creative workshops enabling individuals to explore the impact of BPD diagnosis are being offered. They are led by a creative team with lived experience.

There are four workshops, running over 5 weeks, the first workshop will begin on **Tuesday 2nd November**.

For more information, please find the [information flyer](#) or contact Roanna at r.e.mitchell@kent.ac.uk

COMF Support for Adults

Maidstone and Mid-Kent MIND are offering support aimed at helping people to proactively manage their mental health and wellbeing. The programme offerings include:

Virtual Recovery Action Plans

Six Weeks worth of one-to-one sessions providing an adult with an opportunity to identify areas in their life where they can improve their wellbeing to, in turn, lead to better overall mental health. These sessions can be adapted depending on the areas the individual would like to focus on - providing a much greater sense of adaptation when it comes to the needs of the individual client.

Spaces on these sessions are available free of charge, and can be booked through the Mid Kent Mind website. For more details [click here](#).

Virtual Life Skills Course

Life Skills is a five-week psychoeducational programme delivered by our colleagues at West Kent Mind which aims to help people to challenge unhelpful thinking and behaviour. By the end of the course, you will have a better understanding of:

- Anxiety, depression, and related problems
- How your thinking affects your mood and behaviour
- How negative moods and behaviours are maintained
- How to challenge unhelpful thinking
- How to develop and use a range of strategies to help you manage mood and behaviour

For more details on this course, including how to book a space, please [click here](#).

Peer To Peer Support Group

Our Peer Support Group aims to provide a safe space and time where people can learn more about how other people may proactively manage their mental health and wellbeing. The aim of the peer to peer support group is to provide additional support to individuals to help manage their wellbeing coming out of the global pandemic and help manage the 'new normal'. We will do this by increasing social contact, confidence, and improve mental wellbeing through weekly sessions, connecting you with peers, facilitated by a Wellbeing Worker on a virtual platform.

For more details, please [click here](#).

You are receiving this newsletter as a member of the Kent and Medway Suicide Prevention Steering Group, through your involvement with the Saving Lives Innovation Fund or you have indicated that you would like to receive information from us. If there is anything you would like us to include in future newsletters, or if you would like to stop receiving this newsletter, then please let us know by emailing suicideprevention@kent.gov.uk

