Nottinghamshire County Council

Champions for Mental Health Awareness, Self-harm and Suicide Prevention

Mental health and preventing suicide and self-harm is everybody's business. The purpose of this guidance is to enable anyone to champion mental health awareness, suicide and self-harm prevention, whatever their role.

The purpose of your role in championing **mental health, self-harm and suicide prevention** is to raise awareness by informing and influencing everyone within your sphere of influence to respond to suicide, self-harm and mental ill health appropriately, so that people get the right support at the right time.

To support you in this please:

1. Complete the Zero Suicide Alliance 20 minute suicide awareness training and encourage others to do the same.
2. Complete the Nottinghamshire online Mental Health Awareness foundation e-learning module. This will be available via a link on the Protecting and improving your mental wellbeing | Nottinghamshire County Council webpage from April 2023
3. Promote and support local sign-up to the Prevention Concordat for Better Mental Health
4. Raise awareness of and normalise conversations about suicide, self-harm and mental health, and make sure that they are considered in forums, meetings and developments within your sphere of influence.
5. Be aware of available key support services, where to find information on these and share with others as needed.

   These include the **Nottinghamshire Mental Health Crisis Helpline 0808 196 3779**, available to anyone who has concerns about their mental health or is in crisis at anytime, anywhere across Nottingham and Nottinghamshire. It is open to people of all ages who need urgent mental health support. People calling the service will be supported to identify their current needs and will then be appropriately transferred to the best service for them.

   Other key sources of information on support services include:

   a. (Suicide awareness | Nottinghamshire County Council)
   b. Mental health and wellbeing | Nottinghamshire County Council
   c. Local mental health advice and help for young people in Nottingham and Nottinghamshire. | NottAlone
6. Be aware of and promote the aims of the Nottingham and Nottinghamshire Suicide Prevention Strategy and action plan, and the Nottinghamshire Mental Health Promotion action plan available at: Mental health - Nottinghamshire Insight (Local Information).
7. Promote/join the Suicide Prevention Stakeholder Network.
8. Promote and use local suicide prevention and mental health communications materials and campaigns.
9. Report back once a year around the time of World Suicide Prevention Day (10th September) and World Mental Health Day (10th October), celebrating what you've done and how this has contributed to the purpose of your champion role.

For further information please contact the Public Health Mental Health and Suicide Prevention team via email at: suicide.prevention@nottscc.gov.uk

For the most up to date version of this document visit Mental health - Nottinghamshire Insight