KCC Saving Lives: Mental health support for suicide prevention and reducing self-harm in Kent

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SPONSORED EDITORIAL

Community groups from across Kent and Medway have been sharing their plans for new funding for innovative projects to help reduce the numbers of people taking their own lives.

Led by health providers and local authorities from the Kent and Medway Sustainability and Transformation Partnership (STP), the 27 projects have been awarded grants from Government funding of £98,000, to support innovative programmes designed to prevent suicide and reduce self-
Nav Mirza from Dads Unlimited, which provides mentoring for men going through family breakdown, said: “This funding will enable us to continue to provide our much-valued mentoring service, as well as wellbeing advice, access to vital talking therapies, and a safe and supportive community for dads across Kent.”

“This innovation grant is designed to fund grassroots programmes to prevent suicides, save lives and reduce self-harm,” added KCC Director for Public Health, Andrew Scott-Clark.

“We know that in the right hands, a little can go a long way, and we are delighted at the range of projects that can benefit from this and in turn, they can also help to raise awareness and keep people safe.”

Others, Alex Hurle from Canterbury based Vault Films, says getting funding for films is no easy task.

“The Saving Lives Fund has been a fantastic resource for us, and to be chosen amongst such fantastic projects, all doing vital work for an important cause, is incredibly rewarding. Short films are hugely difficult to fund, and we are incredibly grateful for the opportunity to bring this important film to life.”
NHS suicide prevention app Stay Alive launches in Kent and Medway

A new suicide prevention app to help people in Kent and Medway has been released by the NHS.

The health service says the 'groundbreaking app' called Stay Alive aims to help people struggling with suicidal thoughts to stay safe in a crisis.

The programme launched on the App Store and Google Play this week and can also be used by friends and family to raise concerns about someone else.
NO need to suffer in silence

By Gerry Warren gerry.warren@heraldsun.com.au

Two death threats, a broken neck and a history of self-harm were the only thing stopping Jenny Weadie from taking her own life.

But after speaking out, she's found a new lease on life.

By Jeni Delacour

Jenny found 'healing' from helping others

The timing of Jenny's healing was fortuitous for her son, William, who has been fighting a battle with drug addiction for the past three years.

Drugs made things worse

The young man is now beginning to recover, but the journey to get there has been long and difficult.

End the stigma — a Gazette campaign

A campaign by The Gazette to end the stigma surrounding mental health issues, and encourage people to seek help when they need it.

I don't feel angry with Liam

The story of a mother who lost her son to drug addiction, and her journey to come to terms with her feelings.

Jenny found 'healing' from helping others

The healing process started when Jenny began volunteering with a local charity that helps young people struggling with addiction.

Drugs made things worse

Jenny's son, William, was introduced to drugs by a friend and began using them regularly.

End the stigma — a Gazette campaign

The campaign aims to raise awareness of the issue and encourage more people to seek help.

I don't feel angry with Liam

A touching story of a mother who lost her son to drug addiction and her journey to come to terms with her feelings.

Jenny found 'healing' from helping others

The journey of a young woman who found healing after speaking out about her struggles with mental health.

Drugs made things worse

The story of a young man who struggled with addiction and the impact it had on his family and friends.

End the stigma — a Gazette campaign

The campaign aims to raise awareness of the issue and encourage more people to seek help.
‘Talking about our mental ill health is very important to preventing suicide’

As the alarming toll of young men taking their own lives rises, the Kentish Gazette continues its campaign to End the Stigma surrounding mental health. Last week, we reported the tragic stories of mothers left devastated by the suicides of their sons. Now, chief reporter Garry Warren speaks to mental health professionals and organisations about their work to share the issues, and the support available for those in crisis...

Universities tackling problem as student life is lost every four days

The University of Kent (UK) has launched an anti-bullying campaign to raise awareness of mental health issues. The campaign, which is supported by the Student Union, was launched in response to a series of suicides across the UK over the last year. Undergraduate students can access a range of services, including a psychological well-being team, a mental health support team, and a welfare support team. The university has also introduced a new ‘student well-being plan’ to help students manage their mental health.

App support to those struggling

A new app provides a way for students to access mental health support 24/7. The app, called ‘WellTrack’, was developed by mental health charity Mind and is available on both iOS and Android. It offers users a range of tools, including a mood tracker, a meditation guide, and a self-help section with tips and advice. The app also connects users with trained mental health professionals who can provide support and advice via chat or video call.

Suicide rates in Kent

Statistics from the Kentish Gazette show that suicide rates in Kent have remained steady over the past year. The latest figures suggest that suicide rates in Kent are below the national average, but are still a cause for concern.

App for the Kentish Gazette

To access all the latest news and updates from the Kentish Gazette, download our new app for free on both iOS and Android. The app offers a range of features, including breaking news alerts, interactive news articles, and live updates from our team of reporters. Download it today and stay informed.

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