

Supporting Children and Young People's Mental Health

Public Health - June 2023



Public Health:
Working together to improve the health
and wellbeing of our communities

Community Grant Scheme funding opportunity for Suicide Prevention Projects

Sent on behalf of Gary Read:

I am writing to share information on the Bedfordshire, Luton and Milton Keynes (BLMK) Community Grant Scheme funding opportunity for Suicide Prevention Projects.

This Community Grant Scheme is for local groups and organisations across BLMK who can (or already do) provide projects and programmes that support individuals from the groups known to be at higher risk of suicide and who are experiencing social inequalities within society.

The maximum grant is £5000 per organisation.

More information and guidance is provided in the attached documents, if you would like to discuss the scheme further please do not hesitate to contact me for an informal discussion.

The deadline for applications to the scheme is 28th July 2023 and applications will be assessed week commencing 31st July 2023.

For further information or for any queries please contact gary.read@milton-keynes.gov.uk.

We would be grateful if you could share this opportunity with your relevant networks.

Kind Regards,

Gary Read

Free Training – See the Signs, Save a Life Suicide Prevention

This training is an introduction to basic suicide awareness for those who live or work in, Bedfordshire, Luton & Milton Keynes.

Just a reminder that you can book on one of the open See the Signs training sessions by visiting the Mind BLMK webpages [here](#).

This training is delivered online, and the session is **2 hrs 30** minutes.

Please forward this on to your contacts within your organisation.

Baton of Hope

On Tuesday 4th of July the BatonOfHopeUK will be coming to Milton Keynes starting with a ceremony at The Milton Keynes Rose at 8am.

A chance to listen to some brilliant speaker including Paul Chambers, co-founder of the Creative Mental Health charity PoetsIN and Clair Roberts (Green) from Samaritans.

A unique opportunity to see the baton off and around Campbell Park for its first few legs of the day.



<https://www.milton-keynes.gov.uk/news/2023/mk-welcome-baton-hope-during-national-tour>



Reflect-Shout



Bedfordshire, Luton and Milton Keynes Health and Care Partnership

in partnership with **shout**

Feeling low or stressed?

Struggling to cope?

Text REFLECT to 85258
for free and confidential support, 24/7

Texting 'REFLECT' to 85258 is anonymous and will not show up on your phone bill.



Bedfordshire, Luton and Milton Keynes Health and Care Partnership

Need support?

in partnership with **shout**

Text **REFLECT** to **85258** to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

- Anxiety
- Stress
- Depression
- Suicidal thoughts
- Self-harm
- Abuse
- Relationship problems
- Bullying
- Panic attacks
- Loneliness

Texting is anonymous and will not appear on your phone bill. You will not be charged for using this service.

For support while we connect you, visit: giveusashout.org/get-help/resources.

If your life is at risk, please call 999 for immediate help.



“The conversation we had made me feel so much better”

Text REFLECT to 85258
for free and confidential support 24/7

Supporting children and young people after the suicide of a parent or carer

Please see attached the following guides from the Luna Foundation:

- Supporting children and young people after the suicide of a parent or carer - a guide for professionals: [https://teamluna.org/wp-content/uploads/2023/03/For Professionals BLMK Luna Suicide Bereavement Guide.pdf](https://teamluna.org/wp-content/uploads/2023/03/For_Professionals_BLMK_Luna_Suicide_Bereavement_Guide.pdf)
- Supporting your child after the suicide of a parent or carer - a guide for families :

<https://teamluna.org/wp-content/uploads/2023/03/For Families BLMK Luna Suicide Bereavement Guide.pdf>

Thank you!

If you would like any further information,
please contact:

Liz.wilson@milton-keynes.gov.uk



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City Council

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