February 2019

Please confirm you want to be on our mailing list

Help us keep in touch with you, please reply / action by 31 March if not you will be removed from our mailing list. You are receiving this update as you have joined the East Kent Mental Health mailing list. We are ensuring that you want to continue to receive our emails. IF YOU HAVE NOT DONE SO ALREADY please confirm that you want to continue to be on our mailing list by either: Ctrl & Click on the button below and fill in a short google form or reply to this email saying yes.

Happy to Stay in Touch?

Suicide Prevention Funding for Community Groups

Twenty seven community groups across Kent and Medway have been awarded grants to support innovative programmes designed to prevent suicide and reduce self-harm in Kent and Medway. The funding is being overseen by the Kent and Medway Suicide Prevention Steering Group which produced the 2015-20 suicide prevention strategy and action plan. This funding includes projects to support children and young people as well as adult and older adult mental health. To find out more about the funding and some of the projects that are being supported go to: https://kccmediahub.net/community-groups-awarded-saving-lives-suicide-prevention-funding745

If you are struggling with suicidal thoughts there is a 24 hour telephone line that can help call Freephone 0800 107 0160 (from landlines and mobiles) where support is available from trained and experienced staff 24 hours a day, 365 days a year.

Saving Lives Suicide Prevention Innovation Fund Wave 2 is now open

The Suicide prevention Saving Lives Innovation Fund wave 2 is now open. In this second wave of funding they are looking for innovative projects working directly with adults with experience of having suicidal thoughts, attempting suicide or intentionally self-harming. Applicants can bid for up to £10,000, however due to external funding restrictions, projects will need to be delivered by the end of March 2019 and will be expected to take part in a simple project evaluation. The deadline for applications is the 21st Feb.

To apply for funding or to find out more go to: https://www.kent.gov.uk/leisure-and-
If you have any questions relating to the innovation fund or would like to discuss possible projects please email suicideprevention@kent.gov.uk

**Healthwatch Kent – Children and Young People Autism Survey**

Healthwatch Kent are looking to hear from people across Kent about their experience of children and young people and autism. They want to hear about waiting times, accessing services and also if you needed additional support while waiting for a diagnosis.

Healthwatch want to gather more views so they can make recommendations about how autism services for children can be improved. Healthwatch Kent have developed an online survey which you can complete at the link below, but they are also very happy to talk to you on the phone, via email or they will come and visit your group. Just let them know the best way to reach you. To contact Healthwatch Kent: Call Freephone 0808 801 0102 | Email: info@healthwatchkent.co.uk | website: www.healthwatchkent.co.uk.

To access the survey go to: [https://www.surveymonkey.co.uk/r/KentAutism](https://www.surveymonkey.co.uk/r/KentAutism)

**Suicide Prevention App for Kent and Medway**

The suicide prevention app, Stay Alive, is now available for people in Kent and Medway. With lots of useful information and tools to help individuals stay safe in a crisis, Stay Alive can help both people who may be having thoughts of suicide and those concerned about someone else.

As well as useful advice on how to help people stay safe in the moment, crucially Stay Alive contains features which people can customise to help them at moments of crisis, such as:

- a mini safety plan where they can note actions they will take and people they will call if they feel they cannot stay safe from suicide
- a LifeBox to which they can upload photos from their phones, reminding them of their reasons to stay alive
- details of people who can help if they are having thoughts of suicide, contactable direct from their device
- a wellness plan to support recovery, with a place for positive thoughts, inspirations and ideas.

The app was put together by a charity, Grassroots Suicide Prevention, with input from young people and adults with mental health problems, and from mental health professionals. It is funded locally by the Kent and Medway Sustainability and Transformation Partnership (STP) which has ensured it includes local information, including on Release the Pressure.

The app is available from:

- the [Apple App Store](https://itunes.apple.com/us/app/stay-alive/id915458967)

To read more go to: [https://kccmediahub.net/stay-alive-app-helping-people-in-kent-and-medway745](https://kccmediahub.net/stay-alive-app-helping-people-in-kent-and-medway745)
Local Mental Health Information

For information and about support to help you improve your mental health and wellbeing please go to your local CCG Mental Health pages:

Ashford CCG | Canterbury CCG | South Kent Coast CCG | Thanet CCG

If you have any additional suggestions or ideas for your local mental health pages please email Louise or Sarah at the email below, thank you.

Click on the logos to go to the websites or download the apps at your android or apple app store for free.

East Kent Mental Health Commissioning

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