

**Suicide Prevention - Social Media Content Plan**

In response to local events, we are going to create a structured plan of activity that involves local organisations and partners promoting a range of different services that are available to support with people with their mental health and wellbeing.

We are also going to use this as an opportunity to encourage members of the public, and local organisations to complete the FREE #TalkSuicide training available at www.talksuicide.co.uk

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| **Date & Topic** | **Social media – Suggested social media text** | **Suggested social media artwork** |
| **Friday 9th April – Tuesday 27th April 2021** | | |
| **Friday 9th April 2021** | Please remember that @MindHEY are continuing to work 24/7 to support local people like you. They are available when you need them most.  For information, advice or support please contact 01482 240133 / 0800 1380990 or email [info@heymind.org.uk](mailto:info@heymind.org.uk) |  |
| **Saturday 10th April 2021** | If you’ve been affected by recent events in the news, you can always talk to @Samaritans. Their volunteers are here to listen. You are not alone.  Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) |  |
| **Sunday 11th April 2021** | It can be hard to know what to do if your friend or family member is struggling with their mental health, so we are urging local people to support us and take free suicide prevention training.  TAKE THE TRAINING. SAVE A LIFE.  [www.talksuicide.co.uk](http://www.talksuicide.co.uk)  @TalkSuicideHCV |  |
| **Tuesday 13th April 2021** | We’re encouraging everyone to take a moment to check in with themselves to find out if you would benefit from accessing extra support.  Find out more [www.humber.nhs.uk/checkin.htm](http://www.humber.nhs.uk/checkin.htm) | C:\Users\JMoore\AppData\Local\Microsoft\Windows\INetCache\Content.Word\WMHD-Social-Post-Traffic-Lights.png |
| **Thursday 15th April 2021** | Want to improve emotional health and well-being? The how are you feeling website offers advice, guidance and support for young people, parents and carers.  Find out more - <https://www.howareyoufeeling.org.uk/> |  |
| **Saturday 17th April 2021** | In partnership with @HCVPartnership , a new free online mental health service has been launched to support men across the area.  Men can now access anonymous online counselling anywhere using a computer, smartphone or tablet device. Visit Qwell for Men at <https://qwell.io/hcv> |  |
| **Monday 19th April 2021** | You don’t have to be struggling to want to talk to someone about how you’re feeling or what you’re experiencing at the moment.  Young people across the area can sign up to use #Kooth for free and access not only peer support, but support from professionals too.  <https://kooth.com> |  |
| **Wednesday 21st April 2021** | It’s not been an easy time for anyone lately, but there are simple things we can all do to look after our mental wellbeing.  Visit <http://bit.ly/MindMattersNHS> to get a free NHS plan, full of tips and advice to help you manage stress, sleep better & boost your mood.  #EveryMindMatters |  |
| **Friday 23rd April 2021** | . At Safespace, you can get out-of-hours mental health support from the @MindNEL team between 5.30pm and 11pm, Monday to Friday.  Log on using Zoom, or walk in to the Safespace cafe at NAViGO House on Brighowgate in #Grimsby. Read more <https://navigocare.co.uk/what-we-do/services-z/safespace> |  |
| **Sunday 25th April 2021** | At @MindHEY @MindNEL, their local and experienced team are here to support you if you have been affected by a suicide.  For support, please contact Freephone 0800 138 0990 or info@heymind.org.uk. You can also text 07520633447 |  |
| **Monday 26th April 2021** | It’s important to remember to get help when your mental health is affecting your day to day life. Why not check the #HealthyMinds health scale – where do you fit?  For more information on local support visit [www.eastridinghealthandwellbeing.co.uk/healthy-minds/](http://www.eastridinghealthandwellbeing.co.uk/healthy-minds/) | C:\Users\JMoore\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Social Media - Check the scale.jpg |
| **Tuesday 27th April 2021** | The country has started 'unlocking', but it's understandable if you feel anxious about what this involves and what the 'new normal' might look like.  It's good to talk about these feelings. Call the 24/7 support line on (01472) 256256 and select option 3. |  |