

# Mental Health and Wellbeing Public Health Update

- **Mental health and wellbeing** are foundational to public health because they shape how people think, feel, and behave, directly influencing physical health, health behaviours, relationships, productivity, and the ability to cope with stress, meaning they underpin both individual outcomes and wider population health, inequalities, and system demand.
- From **evidence** we understand there are inequalities across certain groups, this is demonstrated in mental health conditions and suicides. Using evidence-based practice my work portfolio focuses on deprivation, gender, veterans, sexuality, age, ethnicity, disabilities neurodivergent, sensory impairments & deprivation etc
- I have contributed to the refreshed **Bury Mental Health Strategy 2026-2030** and my prevention work focus lies within the priorities 1,2 &3, **Prevention and Early Intervention, Access, Equity and Timely Support, Integrated, Person-Centred and Community-Based Care**. This will now set a new direction of travel focusing and the wider determinants of health.



# Coping & Thriving

- **Coping and Thriving** meetings held quarterly
- Implementation of a **communications and action plan** to public and professionals to raise awareness of the support available
- **MH mapping** workshops and developing the recommendations.
- Recording **'Bury, Lets Talk Health'** Podcasts' for professionals and the community.
- **Military Vets** MH Offer in line with the covenant.
- **Active Practices** 14 practices onboard
- **CYP MH mapping** and support & Padlets
- **Training** projects delivered:
  - **Help Yourself to Wellbeing Training.**
  - **Connect 5 & Youth Connect Training**
  - **Upskilled** cultural tutors, Sensory impaired, and targeting waiting lists for Talking therapies & and areas of deprivation.



**RCGP Active Practice** LET'S do it!

Bury Public Health & Bury's Medical Practices are working to improve both patient & staff

**WELLBEING**

OR ASK YOUR MEDICAL CENTRE TODAY!

**Becoming more active can...**

- Energy Levels
- Reduce Stress
- Improve Mood
- Help Manage Medical Conditions
- Improve Sleep
- Improve Social Circles
- Help Connect with Nature

**WELLNESS WALKS** Bury Walk with Me

**THE RIGHT TO GROW**

**MANvFAT** Bury Live Well



**Connect 5** CHANGING THE CONVERSATION ON MENTAL WELLBEING

**Free Training**

REGISTER TODAY!

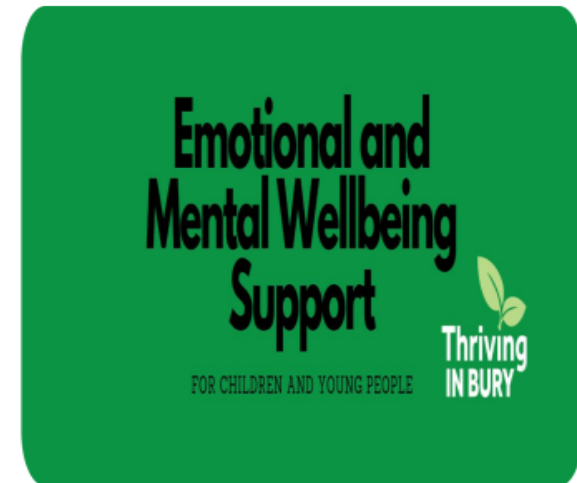
18th January 10am-11pm 07539 825740

Module 1: Brief Mental Wellbeing Advice

Module 2: Brief Mental Wellbeing Intervention

Module 3: Extended Mental Wellbeing Intervention

Bury Adult Learning Centre 18 Heymarket St.



Children and Young People's Emotional and Mental Wellbeing Support Padlets'

# Suicide Prevention

- **The First Suicide Prevention Conference 'We're all in it together'** was held on the 18<sup>th</sup> June 2025, Guest speakers from clinicians to people of lived/living experience, Market Place for information & promotion of the Jigsaw Model. Had fantastic feedback and will be delivering another on Oct 14<sup>th</sup> 2026 around CYP.
- **Quarterly Bury Suicide Prevention Meeting** brining stakeholders together to discuss interventions, training, updates, funding opportunities and collaborative working.
- The 4<sup>th</sup> Bury **Suicide Remembrance Vigil 2025** led by The Big Fandango was held on 10<sup>th</sup> September during the month of hope, there was a large public turnout and feedback was positive.
- Our **Suicide Audit** tell us that over 2023-2024 there were 14 deaths by suicide which is lower than the average since our records began in 2018. in 2025 we have had 17 deaths which is a spike from previous years, this points to the cost of living crisis.
- **Suicide Prevention Training** is still available by the Shining a Light on Suicide . 5mins and 30mins online course, Zero Suicide Alliance and face to face from Rebecca at the Big Fandango.
- **New Neurodivergent group** session for children struggling emotionally , increasing self esteem, and attendance delivered by The Big Fandango.
- **Jigsaw** 'planning for suicide' making it easier for stakeholders to understand the part they can play in suicide prevention to reduce inequalities.
- Now developing a **New Survivors of Suicide** group with Carly Bond at BIG, started to thematically research what interventions worked for survivors and what didn't, **HOPE** (Honoring Our Personal Experiences).



## Suicide Prevention Jigsaw

The pieces to the puzzle - explore the support on hand in Bury



**Bury**  
COUNCIL