



LET'S TALK
Stansted!

www.stanstedmentalhealth.org
contact@stanstedmentalhealth.org

Welcome

- The event is being recorded.
 - Zoom controls.
- Time for Questions At The End.
 - Introducing Elaine Knibbs.



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Summary of the Initiative

- Our Goals.
 - Save lives!
 - Offer '1st Aid' listening & signposting services.
 - Create and/or support community groups for those with mental health worries and their families.
- Steering Committee.
- Council Contacts & Representation.
- Links with local and regional mental health services.



Introducing 'Let's Talk, Stansted!'

- To become known within Stansted & surrounding villages.
 - Website & Social Media
 - Posters and Leaflets
 - Link Magazine & Community Groups
 - Shops & Businesses
- Training for 'Mental Health First Aiders'.
- Accessible, Safe and Confidential ways that people can connect.
- Dedicated community groups and small projects.



Immediate Actions

- Setting up as a Community Interest Company (and possibly as a charity).
- Training for 'Mental Health First Aiders.'
 - Provided by West Essex MIND
- Fundraising.
 - Events
 - Sponsors such as local businesses
 - Bids for regional & national funding
- Volunteer Professional Services.
 - Business experience
 - Therapists & Counsellors
 - Trained in mental health work or vulnerable groups



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Mental Health First Aid Training

- Run by West Essex MIND.
- Online via Zoom.
- 4 x evening sessions over 4 weeks.
- Certification.
- Normally £60 per person – we are suggesting that individuals make a donation towards the cost IF THEY CAN but it's entirely optional.
- If you have previous mental health training, we can arrange a refresher course.



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Volunteer Registration

- Opt in to our database (we are GDPR compliant).
- Register your interest in training, fundraising or providing professional services.
- No obligation.
- Whatever time you can give.
- We will then organise smaller groups in these areas.

www.stanstedmentalhealth.org/volunteer



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For the Future

- Remote contact opportunities:
 - Email service
 - Social media discussion & support
 - Zoom meetings
 - Limited phone line
- And where social distancing allows:
 - Dedicated groups & mini-projects
- All of these subject to resources and availability of 1st Aiders



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First Steps

- Register as a volunteer – www.stanstedmentalhealth.org/volunteer
- Email us if you have questions – contact@stanstedmentalhealth.org
- Use existing professional services if you or someone you know needs help:

GP Mental Health Team

National Helplines

Watch out for further news by email, on the Facebook Group and website - www.facebook.com/groups/letstalkstansted/

www.stanstedmentalhealth.org



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QUESTIONS

Summary

- Encouraging people to talk about their mental health worries & concerns.
- Befriending those who need a sympathetic ear.
- Signposting people to the professional help they need.
- Creating a supportive community.



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