



# Health campaign calendar

## September

Your monthly campaign tool kit to help promote health and wellbeing to your community.



**Live Life  
BETTER  
DERBYSHIRE**



# September

## National Campaigns

### World Suicide Prevention Day. 10th September

World Suicide Prevention day is a opportunity to talk about this taboo subject and offer support and understanding. Find out more about the day by clicking on the box.



## Useful websites and resources

Samaritans. The Samaritans are always there to listen and support, no matter what you are going through. Click the box for info.



Sucide Prevention in Derbyshire and help in a crisis.



Derby and Derbyshire Emotional Health and Wellbeing website



## Know your Numbers Week (4th to 10th Sept

It's #KnowyourNumbers week - encouraging adults to know their blood pressure numbers and to take action to reach a healthy blood pressure.



# September

## National Campaigns

### Sexual health week 11th – 17th September

Sexual health is just as important as the rest of your health. Sexual health week is about changing attitudes, challenging prejudices and championing equality so that all people can lead happy, healthy lives.



### Useful websites and resources

Your Sexual Health Matters. Local, free, sexual health service.



### Take Five to Age Well

Take Five to Age Well aims to give people simple, practical advice around how to age well. From eating healthily to moving more – there's useful tips for everyone to follow.



## Newsletter / payslip / intranet copy

### World Suicide Prevention Day

September 10th is World Suicide Prevention Day which aims to start the conversation about suicide. Every suicide is devastating and has a huge impact on friends, family and the wider community.

By raising awareness, reducing the stigma around suicide and encouraging action, we can reduce instances of suicide.

World Suicide Prevention day is an opportunity to talk about this taboo subject and offer support and understanding.

Find out more about the help and support on offer in Derbyshire at [www.derbyshire.gov.uk/suicideprevention](http://www.derbyshire.gov.uk/suicideprevention)



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We hope this toolkit is useful to you. If you have any suggestions for improvements please email [colleen.marples@derbyshire.gov.uk](mailto:colleen.marples@derbyshire.gov.uk)

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