

Mental Health Awareness Week

May 2025

Mental Health Awareness Week 2025 takes place from **12th to 18th May 2025**, with this year's theme being 'community'. This national awareness week brings people and organisations together to highlight the importance of good mental health. In recognition of this, we are using the week to celebrate the vital role that safe, connected communities play in supporting mental wellbeing. Strong communities foster belonging, safety, purpose, and resilience factors that are especially important in safeguarding practice. This briefing aims to support multi-agency professionals by promoting awareness, encouraging reflective practice, and strengthening our collective response to mental health as a key element of safeguarding children, young people, and families.

How Community Supports Mental Health

Creates a
Sense of
Belonging

Promotes
Purpose and
Participation

Strengthens the
Safeguarding
Network

Offers Peer
Support and Lived
Experience
Support

Builds Trust Where
Systems Can't Reach
Alone

Thanks to Hillingdon's Hidden Heroes



Behind every positive outcome for a child, family or adult is often a quiet, consistent support network. From local youth groups and workers who check in after school, to a community group offering a warm welcome and a hot drink. Hillingdon is full of hidden heroes. As practitioners, knowing what's available in our borough can make all the difference. Let's celebrate these community spaces and partners and let's keep building bridges to them in our safeguarding responses.

MORE INFORMATION 

Professional Knowledge and Development

Safeguarding Partnership Mental Health Related Briefings



The importance of safeguarding adults with mental health problems.



Safeguarding Adults and Children with Mental Health Needs



World Suicide Prevention day 2024



Mental Health Awareness Child and Adolescence

Webinars

Safeguarding Adults Who Have Mental Health Needs.



You can access these with a password available from your safeguarding lead, or from safeguardingpartnership@hillingdon.gov.uk

CAMHS & Eating Disorders Webinar



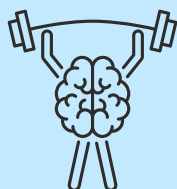
Mental Health Training

SPEAK Training – Suicide Prevention Explore, Ask, Keep Safe - An Introduction to Suicide Prevention Skills

10am – 13:30pm In person training - 18 June 2025

SPOT Training – Suicide Prevention Overview Tutorial What EVERYONE needs to know

10am – 11:30 In person training - 27 January 2026



Learning Zone

If Someone Needs Support...

The **Single Point of Access** is a Mental Health Crisis Line which offers emotional support and advice to people who require urgent mental health attention, 24 hours a day, 7 days a week, 365 days a year. It is open to children and adults of all ages, including people who haven't previously used mental health services, and to carers and family members who might be concerned about someone.

Call: [0800 0234 650](tel:08000234650) or email cnw-tr.spa@nhs.net

Stronger Families Hub

01895 556006

Social Care Direct

01895 556633

If you think an adult or child is in immediate danger, call 999.

Mental Health Resources



Kooth is a free online support platform for children and young adults aged 11-25.



Child and young person suicide prevention charity.



Conversation starters - Mental Health Foundation

This report contains findings on children's access to mental health services in England during the 2022- 23 financial year, based on new analysis of NHS England data.



For urgent matters there is 24/7 mental health crisis support.

HOPELINE247 is a 24 hours service that works with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- For children and young people under the age of 35 who are experiencing thoughts of suicide
- For anyone concerned that a young person could be thinking about suicide

