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For immediate release

Green ribbons tie mental health partners together

Improved mental health will be at the front of the minds of a city-wide partnership on Mental Health Awareness Week 13-19 May 2019.

Partners including City of York Council, York Explore, Make It York, York MIND, York Advocacy, York Travellers' Trust, Yor Peer Support, LGBT groups, Kyra, The Haven, IDAS, York CVS and Ways to Wellbeing, will be reaching out to individuals and groups to talk about mental health, how it can be improved and the support available across the city.

LiveWellYork will be promoting [events](#) available across the city – simply look for **blue** star events at www.livewellyork.co.uk. This will include free interactive suicide prevention training, running as part of the #TalkSuicide. If you are looking for activities throughout the year to help improve your health and wellbeing why not check out the [community activities directory](#).

The Talk Suicide campaign will raise awareness of free suicide prevention training. It can be completed in twenty minutes and teaches lifesaving skills, such as being able to spot when someone might be feeling suicidal; how to speak out about suicide and where to correctly signpost someone who is struggling to the correct support and services. More information at www.talksuicide.co.uk.

To support people living with mental health issues, there will be three community events held by partners during the week. Drop-in sessions will be open on Monday 13 May at West Offices (9.30am-4pm) and on Wednesday 15 May on Parliament Street (9.30am-4pm). Both will be jam-packed with information, activities and helpful staff to signpost people to extra resources and sources of good quality mental health support.

On Friday 17 May at 30 Clarence Street (10.30am-4pm) there will be a special day event with information and advice. Afternoon tea will be

served made by people attending community recovery projects. There will also be crafts and activities including mindfulness taster sessions which can be booked via canse.karatas@york.gov.uk.

At all three events, green ribbons will be handed out for people to wear and to help show support for and raise awareness of mental health and its importance. These ribbons have special significance as they have been made by people who use the council's mental health support services. The national theme of Mental Health Awareness Week is body image and there will be activities run at the three events to reflect this. ***We invite the people of York to wear a green awareness ribbon; lets talk about mental health and stand united against stigma.***

Tim Madgwick, independent chair of York's Mental Health Partnership said: "During 2018's Mental Health Awareness Week, around 1,000 people dropped in or stopped by York's partnership events – that's 200 more than in 2017. This year, we want to reach even more people and spread the message that mental health really matters and that York has a wealth of support so no-one need struggle alone."

Sharon Houlden, corporate director of health, housing and adult social care at City of York Council, said: "Along with our partners I'll be wearing my green ribbon with pride! It will show I'm backing the week and will be helping raising awareness of the work going on around the city to give more people better access to good mental health support."

ENDS

Notes to Editors

For further information please contact:

Megan Rule

Senior Communications Manager

City of York CouncilOK, thanks

Tel: 01904 552017

Mob: 07767 318063

Newsdesk / Out of hours: 01904 555515

Email: megan.rule@york.gov.uk

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