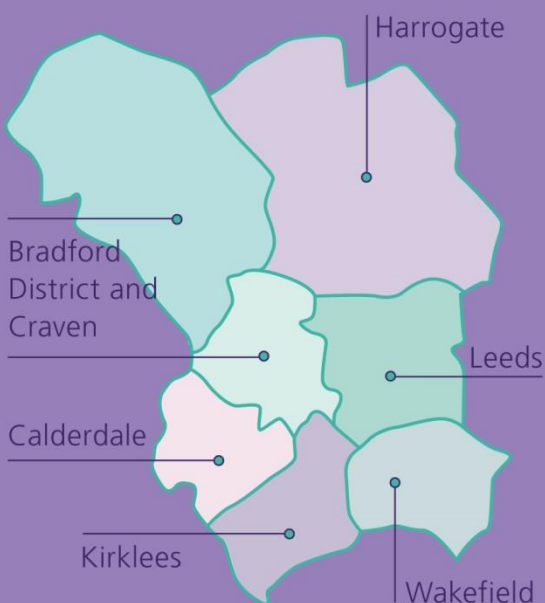


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.7 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



Preventing male suicide

Our ambition

Statistics show that more men die by suicide than women and that middle aged men are particularly at risk.

The picture is complex; it could be because men are more likely to be affected by economic adversity, relationship breakdown and isolation, and are less likely to seek help.

As part of the Partnership's suicide prevention strategy, we aim to reach men in this group to address suicide head on, encourage peer support and improve mental fitness.

What we did

We worked with men with lived experience to create the **Great Minds Project**. It increased awareness of the risk factors and warning signs of male suicide.

Partnering with the charity State of Mind Sport, we delivered a seven-week online mental fitness course. Sessions gave attendees the opportunity to share their stories and ask questions.

The men who attended lived right across West Yorkshire and Harrogate and were aged between 19 and 71, with the average age of 44.

During the last week of the course, local voluntary sector organisations also attended the sessions, to talk about their services so that mental health support could be sustained after the course ended.

**GREAT
MINDS**

Connect. Talk. Support.

“It’s overwhelming what this course has done for me... I know it’s just the very start of a journey, but at least that journey started. I’ll keep it going. I feel so much better.”

“I’ve now been to see my GP, I’ve been putting that off for 8 months so really appreciate what you’ve done.”

Feedback from the online sessions

What’s next?

As part of the **Great Minds** campaign, we also connected with 87 different suicide prevention projects and organisations from across West Yorkshire and Harrogate to establish a Voluntary Sector Network Forum. Representatives from these projects and organisations were invited to monthly Forum meetings to share learning and best practice.

The Network Forum continues and has become an invaluable resource for peer support and delivering the Partnership’s suicide prevention strategy.

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

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West Yorkshire and Harrogate
Health and Care Partnership

