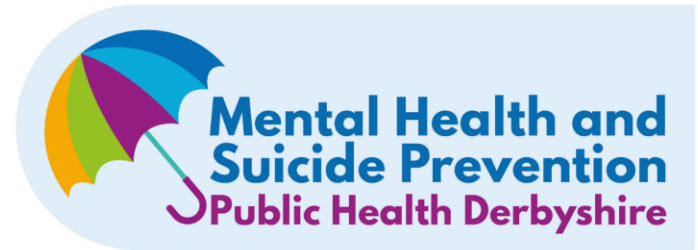


Mental Health Awareness for Walk/Jog Leaders:

Spotting Signs, Offering Support, and Knowing What to Do

By Isabelle Grainger (Mental
Health and Suicide
Prevention Project Officer)



Welcome & Overview

<i>Agenda</i>
<i>What is Mental Health?</i>
<i>Signs of Mental Health Distress</i>
<i>A.C.E Approach</i>
<i>Communication Skills</i>
<i>Boundaries & Signposting</i>
<i>Mental Health Support Map Derbyshire</i>
<i>Crisis Overview</i>
<i>Close</i>

Session Aims

- **Explain** what mental health is and why it matters in community walking groups.
- **Recognise** common signs of mental distress.
- **Use** simple, safe communication techniques to support someone who may be struggling.
- **Identify** when and how to signpost participants to further help.
- **Understand** their **role boundaries**—what they *can* and *cannot* do.

Ground Rules

Confidentiality
& Privacy

One person
speaks at a
time

No judgement

Questions are
welcome

Take care of
yourself

What is Mental Health?

- **Definition:** *Mental health refers to a person's overall psychological and emotional well-being. Our mental health can change over time. It affects how people think, feel, and behave in daily life. Good mental health isn't just the absence of mental illness—it also involves resilience, self-esteem, social connections, and the ability to manage life's challenges.*

Relevance to walking/jog groups:

1. Supporting Participants' Well-being
2. Recognising Signs of Distress
3. Promoting Positive Mental Health
4. Creating an Inclusive Environment
5. Self-Care for Leaders



Walking groups can play an important role in reducing isolation and improving wellbeing.

Signs of Mental Distress


Emotional Signs	Behavioural Signs
Persistent sadness, irritability, or mood swings	Withdrawal from friends, family, or usual activities
Feelings of hopelessness or helplessness	Changes in sleep patterns (insomnia or over sleeping)
Heightened anxiety, fear, or worry	Changes in appetite or weight
Emotional numbness or detachment	Increased use of alcohol, drugs, or other coping mechanisms
Cognitive Issues: Difficulty concentrating, making decisions or remembering things	Risky or self-harming behaviours

A.C.E. Approach

A – Approach safely: Choose a quiet moment, use a calm tone.



C – Check-in: 'I've noticed you seem a bit quiet today—how are you doing?'



E – Encourage support: Listen, be supportive, guide to appropriate help.

Communication Skills P1

a. Verbal Skills

- Clarity: Use simple, direct language. Avoid jargon.
- Open-ended questions: Encourage exploration rather than yes/no answers:
“Can you tell me more about how that made you feel?”
- Gentle prompts: Encourage expression without pressure:
“Take your time—there’s no rush.”

b. Non-Verbal Skills

- Facial expressions: show empathy, warmth, and understanding.
- Gestures: subtle, supportive gestures like a nod or leaning slightly forward.
- Tone of voice: calm, steady, and reassuring.



Communication Skills P2

c. Emotional Skills

- Empathy: Understand the speaker's perspective.
- Patience: Allow silence; people need time to process thoughts.
- Self-awareness: Be conscious of your own emotions and reactions.

d. Boundaries and Professionalism

- Maintain professional limits while being supportive.
- Avoid giving personal advice unless trained to do so.
- Know when to refer to appropriate mental health services.

e. Encouraging Hope and Resilience

- Focus on strengths and coping abilities.
- Reinforce that seeking help is a positive and courageous step.

Boundaries



Your primary role is facilitating safe, enjoyable walks and encouraging social connection.



You are not a therapist or mental health professional.



Avoid giving personal, medical, or psychological advice.



Mark Hudson & Ben Gough
Derbyshire Recovery & Peer Support Service

Welcome!

Today's presentation will be about Google My Maps and The Derbyshire Community Mental Health Support Map.



About Google Maps

A Free, Interactive, and Information-Rich Mapping Tool

- Accessible from a wide range of devices, including:
 - Desktop computers
 - Laptops
 - Smartphones
 - Tablets



The Derbyshire Mental Health Support Map

Looking for mental health support in Derbyshire?

The Community Mental Health Support Map is a FREE interactive tool to help you find the support you need, right when you need it.

It includes:

- ✓ Crisis & Suicide Support
- ✓ Bereavement Support
- ✓ Peer Support Groups
- ✓ Help for LGBTQI+ communities, young people & ethnic minorities
- ✓ Nature-based & outdoor wellbeing activities

... and so much more.

Find help near you - just scan the QR code (bottom right) ↓

Or search: Community Mental Health Support Map Derbyshire

Want to add or update a listing?
Contact - Mark.Hudson@rethink.org

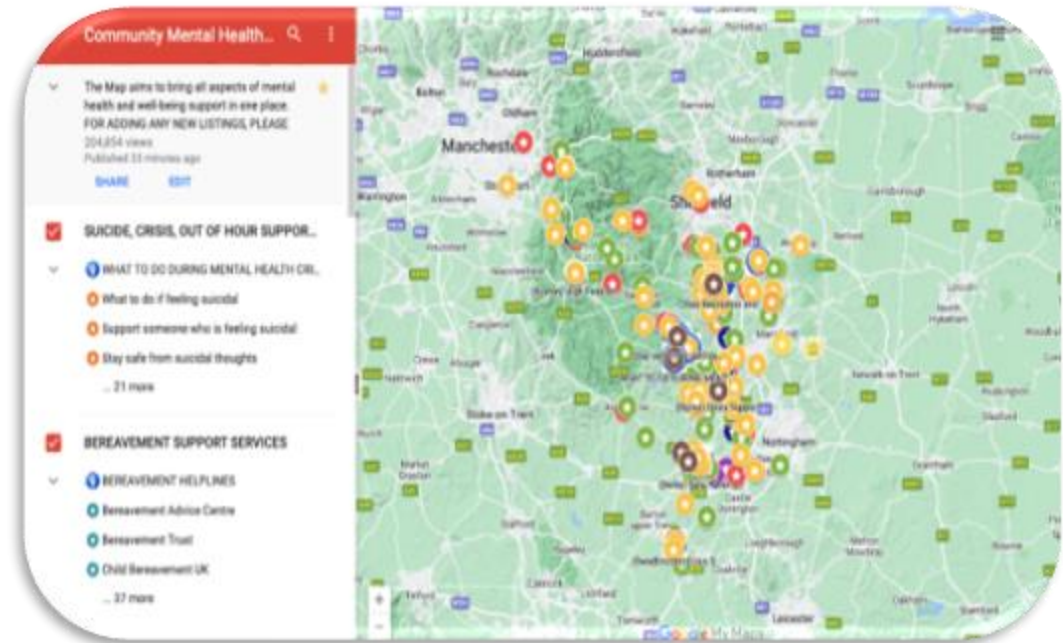
You're not alone.
Support is just a click away 🤝

SCAN ME!
TO ACCESS SERVICE INFO

ReThink Mental Illness | Derbyshire Community & Cultural Health & Wellbeing | 0114 236 0100

Easy to Edit and Customise

- Universally accessible: any account holder can create a personalised and customised map.
- Maps can be set as **public** or **private** depending on your needs.
- **Public maps** can be shared widely with anyone.
- **Private maps** can be shared selectively with colleagues, friends, or specific groups..



More about the Derbyshire Mental Health Support Map

Originally, our map was designed to create a definitive list promoting peer-led mental health groups across Derbyshire.

It has since evolved to meet the needs of individuals, families, and professionals throughout the county.

The map also aims to:

- Promotes the supportive ethos of peer support groups
- Be easy to maintain and update
- To serve as a practical tool for colleagues to share with those they support
- Helps reduce paper usage by providing a digital resource
- The map has been developed and maintained as an unfunded, community-driven resource since March 2020

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You can access the Derbyshire Mental Health Support Map by:

A link that can be sent out through an email or over a text

You can google - Derbyshire Community Mental Health Support Map

You can scan the QR code.

From the main wellbeing pathway website, Derby and Derbyshire emotional and wellbeing <https://derbyandderbyshireemotionalhealthandwellbeing.uk/resources/mental-health-support-derbyshire>

Derbyshire Recovery & Peer Support Service


Joined Up Care
Derbyshire



Accessing The Derbyshire Community Mental Health Support Map -

OUR COMMUNITY MENTAL HEALTH SUPPORT MAP

Where to find it and how to access it...
Our Mental Health Map is available simply by googling "Community Mental
Health Support Map"



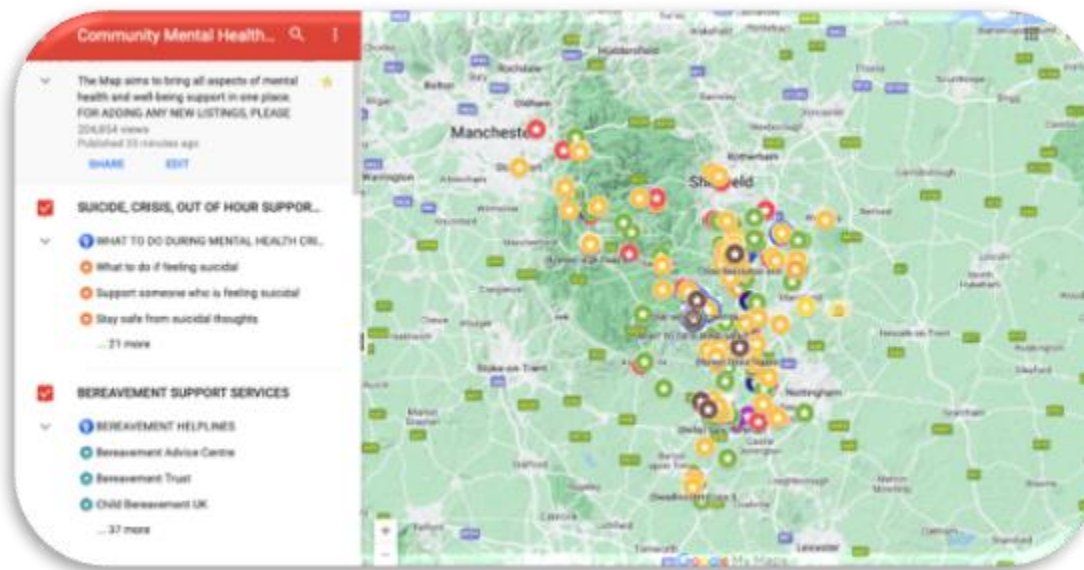
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The Link

This My Maps link when sent out will have a red banner on the top and cannot be edited by those receiving it.

<https://bit.ly/RethinkMHMap>



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The Derbyshire Mental Health Support Map Enables Us To:

- Keep clients informed about support groups in their area
- Update other referring organisations quickly and accurately
- Understand referral criteria for each group or organisation
- Easily locate local groups and services
- Identify gaps in available support
- Reduce duplication of similar services
- Support people in crisis by helping them find relevant information and support

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The Layers

My Maps allows you to have ten named layers which at the moment are:

1. Suicide, Out of hours, Crisis Support & 24/7 Helplines
2. Bereavement Support Services
3. Self Help Guides
4. Mental Health & Wellbeing Sessions
5. Peer Support Groups
6. Ethnic Minorities Support Services
7. Young Person Support
8. Nature, Sports & Outdoor Activities
9. LGBTQI+ Support
10. ABC of Support and Services, Information and News layers

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Ongoing Project

The Map aims to be as comprehensive as possible, serving as a reliable resource for those seeking mental health support across Derbyshire. However, like any directory, it is a living project that will continue to evolve and grow over time. We anticipate ongoing updates and improvements as new services emerge, existing ones change, and as the community contributes its valuable insights.

Other directories:

Derbyshire Community Directory

Hub of Hope

Treacle

Joy

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Enhancing the Mapping Tool ?

- **New Layer: Self-Help Guides**

The newest addition — we're continuing to expand and improve this layer.

- **"Best For..." Summaries**

These are being introduced across all layers to provide quick, user-friendly guidance.

- **Community Engagement**

We welcome more community involvement — giving people a direct role in updating and shaping the map.

- **Collaboration with Services**

Working together with more local organisations helps ensure the tool remains accurate and trusted.

- **More Internships with University of Derby**

Continuing our valuable partnership with the University of Derby.

- **Volunteer Opportunities**

Promoting the mapping tool as a great way to get involved through volunteering.

- **Create a Songs for Mental Health Layer**

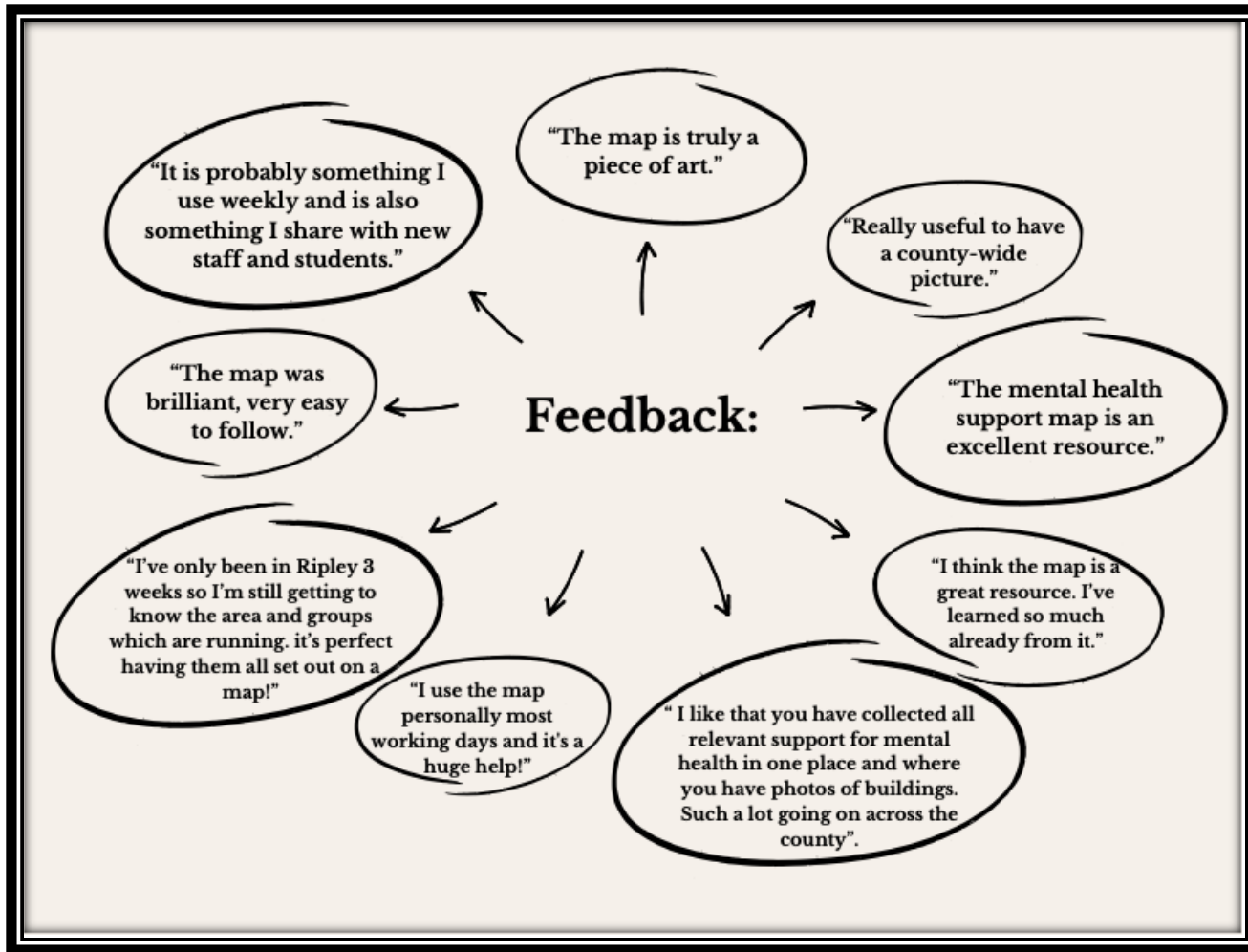
- A lists that speaks through music about mental health - for example Genesis – Raye – which is a journey through depression, anxiety, body image and hope! The aim is to define the list in a way that offers support for professional and individuals.



Feedback from the Community

- “I’ve had a look at the map, and it’s very helpful. I’ve only been in Ripley for three weeks, so I’m still getting to know the area and the groups that are running. It’s perfect having them all clearly set out on a map. Thank you!” — *Police Community Support Officer, Ripley.*
- “Individuals who find the map are often surprised by how much support is available. One gentleman told me he’d been in a three-year cycle of support involving his GP, Community Mental Health Team (CMHT), and counselling services — and none had ever mentioned any of the options shown on the map.”







What did those surveyed like about this map?



Growing the Map Together

As a stand-alone resource, the **Derbyshire Mental Health Support Map** already offers real value to individuals, clients, and partner organisations by helping them easily navigate available support. However, we believe its true potential lies in **collaborative growth**.

By working more closely with the community, local groups, and service providers, we can ensure the map becomes a truly **comprehensive, trusted, and dynamic support tool** — one that reflects the evolving needs and resources within Derbyshire.

We warmly invite others to join us in:

Use the map for yourself and share it with others who may benefit.

Raising awareness of the map and its purpose

Contributing to updates or listings for new or existing services

Embedding the map into practice as a go-to tool for staff, volunteers, and service users

Championing it as a shared ethos of accessible, for all local mental health support

The hope is that together, we can make the map not only a source of information — but a foundation for stronger, more connected support across the region.

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University of Derby Collaboration



A recent collaboration with the University of Derby offered us a way forward. Partnerships like this are a pathway to progress, enabling us to build the map together- further strengthening the Map's Impact for example...

- The project was a Community Engagement Internship, which was a 6 months paid role.
- **This Community Engagement** initiative helped enhance both the map and mental health services at the university. We achieved this by raising awareness and promoting the map across the campus and throughout Derbyshire.
- **Additional collaborations going forward will again include the University of Derby**

Final Thoughts on the Map's Strengths



Key Features of the Derbyshire Mental Health Support Map:

- **Inclusive:** Designed to reach people of all ages, backgrounds, ethnicities, and identities
- **Practical:** Combines national services with hyper-local resources for a complete support picture
- **Actionable:** Offers clear, direct links to help in times of crisis, grief, anxiety, low mood, and more

Ensure the map is easy to use for both professionals and the public; so we are continuing to enhance it through:

- Thematic clarity
- Use of icons and dropdown menus
- Colour coding for visual ease

Ongoing Vision and Purpose:

- This presentation is an opportunity to further refine the map and continue to build on our original goal: Of bringing all aspects of mental health and wellbeing support into one **accessible, central resource** for individuals, families, and professionals across Derbyshire.

Our commitment is simple: No one should fall through the gaps due to lack of awareness or connection and collaboration is therefore a preferred way forward.

Crisis Overview

Immediate Actions:

Assess safety: If the person is at risk of harming themselves or others, treat it as urgent.

Stay calm and listen: Offer reassurance, empathy, and non-judgmental support.

Do not leave them alone if risk is high.



Seek urgent help if life is at risk:

- 999 – Emergency services for immediate threats to life
- 111 (option 2) – NHS urgent mental health advice

Crisis Intervention Services:

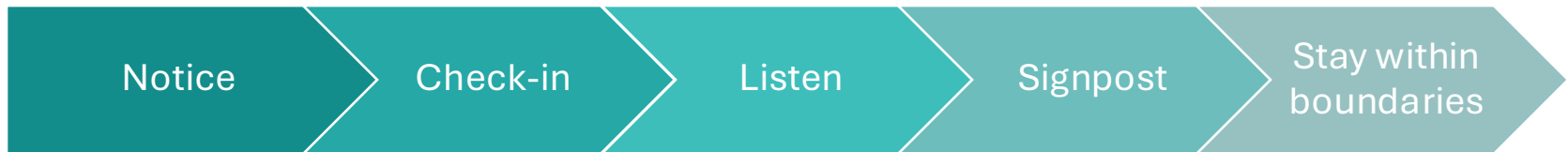
- Samaritans: 116 123 (24/7 support for anyone in distress)
- Mind Infoline: 0300 123 3393 (advice on local services and coping strategies)

SAMARITANS

 mind Derbyshire

Wrap-Up

Key Takeaways:



Useful Websites:

1. Derbyshire Mind: [Click here](#)
2. Derby & Derbyshire Emotional Health & Wellbeing: [Click here](#)
3. NHS Derbyshire Healthcare: [Click here](#)
4. MHFA England: [Click here](#)
5. Mental Health & Suicide Prevention Network: [Click here](#)

Training Links

- Mental health training - Derbyshire County Council
- Derby City Council mental health training - Derbyshire County Council
- FREE suicide awareness training - Zero Suicide Alliance (ZSA)



Feedback or Questions



- Location: Granville Avenue, Long Eaton, Derbyshire, NG10 4HD
- Email: mentalhealth@erewashcvs.org
- Website: <https://www.erewashvoluntaryaction.org.uk/>

Any Questions?