

# NEWS RELEASE

MALDON DISTRICT COUNCIL, Princes Road, Maldon Essex CM9 5DL

05 September 2023



Mid and South Essex  
Integrated Care  
System



**Maldon District Council Offices** will be lit in green to encourage people to talk about preventing suicide.

From the 4th to the 10 September, organisations, people and communities across Essex and Hertfordshire are lighting up buildings and landmarks green, as part of the 'Creating hope through light' event for World Suicide Prevention Day.

The 'Creating hope through light' week-long event, hopes to raise awareness of suicide prevention and challenge Essex and Herts residents to take the FREE suicide prevention training, which can be accessed on [www.letsstalkaboute suicide.co.uk](https://www.letsstalkaboute suicide.co.uk).

It's a joint initiative from Mid and South Essex and West Essex and Hertfordshire Integrated Care Boards and Thurrock and Brentwood Mind as part of their #LetsTalkAboutSuicide campaign. It's aimed at reducing the stigma around talking about suicide and encourages people to take the free online suicide prevention training, as well as highlight the other mental health resources available in Essex and Hertfordshire.

The suicide prevention training focuses on three key elements See, Say, Signpost. See the problem, Say the words, Signpost to support and it gives people the knowledge and the confidence to talk to someone who might be at risk of or thinking about suicide.

**Cllr Kevin Lagan, Chairman of Maldon District Council**, said; "Suicide is a preventable and avoidable death, and everyone should know how to talk and support someone who is having suicidal thoughts. I am pleased that the Council is joining organisations across Essex to light up in green this week to highlight this very important issue. I would urge everyone to find out more about how to get involved by visiting <https://letsstalkaboute suicide.co.uk> and join us in 'Creating hope through light'".

**Alfred Bandakpara-Taylor, Deputy Director of Mental Health at NHS mid and south Essex ICB**, said:

*'We want people from across mid and south Essex to challenge their friends, family, work colleagues, their communities, and the organisations they work for to become a part of our **'Creating hope through light'** event this **September** to help prevent and reduce suicides. Whether it is lighting a building green, talking to other people about preventing suicide or taking the training - you may help save someone's life.'*

So far, the following places will be turning green:

Clacton Pier
Brentwood Town Hall
Maldon District Council Office
Civic Offices - Epping
Bennetts Funeral Home, Brentwood
Colchester Castle
Colchester Town Hall
Craig Tyler - Pitsea Leisure Centre
Southend City Beach
Southend Porters Offices
Southend Civic Offices
County Hall, Chelmsford
Civic Centre, Harlow
Clacton Town Hall
Essex County Cricket Ground
TB Mind - Thurrock Hub
Tb Mind - Brentwood Hub
TB Mind Charity Shop, Grays
TB Mind Head Office, Grays
South East and Central Mind Office, Southend
Herts County Hall

The list is continuing to grow and the most up to date roadmap can be found here:  
<https://letstalkaboutsuicide.co.uk/world-suicide-prevention-day/>

**Lynne Morgan, CEO, Thurrock & Brentwood Mind** said *'We are deeply humbled by the response from organisations that have already stepped up by supporting the 'Creating Hope through light' campaign, as well as challenging their own staff to take the training. This is the third year we have run this campaign and every year we hope more people and organisations will join us and get as many people as possible taking the suicide prevention training. The past few years have been challenging for everyone off the back of COVID and the cost of living crisis, now more than ever we think this kind of training is vital for everyone to help spot someone who may be struggling.'*

People can also take part by joining the social media campaign on #CreatingHopeThroughLight, as well as upload personal messages and videos using the campaign resources available on [www.letstalkaboutsuicide.co.uk](http://www.letstalkaboutsuicide.co.uk) You can also

follow the campaigns on Instagram [@talksuicideessex](#), Twitter [@talksuicidesx](#) and Facebook [@letstalkaboutsuiicideessex](#).

In Essex, in 2021, 115 people took their own life. In 2022 Hertfordshire 88 people lost their life to suicide. Suicide is in fact the leading cause of death in the United Kingdom in men under 50. Thousands of people experience suicidal thoughts and feelings every single day and coupled with COVID-19, we are now amidst a mental health crisis.

If you would like to find out more about how to get involved visit <https://letstalkaboutsuiicide.co.uk> for more information.

#### **Notes to editor**

For press enquiries please contact:

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Our communications toolkit and digital assets for the campaign can be found: <https://letstalkaboutsuiicide.co.uk/world-suicide-prevention-day/>

#### **Press Office**

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