

Press release

Working together for
outstanding care

Kidderminster Police back mental health campaign

Police officers and staff in Kidderminster are backing a local campaign to encourage people throughout Worcestershire to get support for their mental health

The 'Now We're Talking' campaign, which is run by Worcestershire Health and Care NHS Trust, was launched in October to raise awareness of Healthy Minds, an NHS self-referral service supporting people experiencing more common issues such as stress, low mood and anxiety. Staff leading the campaign were on hand to support staff and to raise awareness of the local support available as part of a well-being morning at Kidderminster Police Station last week. The staff had the opportunity to talk to the Healthy Minds team about how they can support colleagues and others they come into contact with.

Since the Now We're Talking campaign launched there has been an increase of around 20% in the numbers of local people accessing the Healthy Minds service, with March seeing over 750 self-referring either by phone or online – which is the highest ever.

Sgt, Michelle Clarke said: "We are aware that mental health is a very real issue and particularly prevalent amongst men, and we are huge supporters of the Now We're Talking campaign. We are really keen to support our staff and the wider community by promoting the importance of talking about mental health and of the local NHS support available."

Dawn Stallard, from Worcestershire Healthy Minds, said: "We all experience common mental health issues from time to time and its ok to reach out and ask for help and support. It is really important that as a community we come together and encourage and support us all to talk and get access to support when we need it."

You can self-refer to Worcestershire Healthy Minds by calling 0300 302 13 13 Monday to Friday from 9am until 5pm or via email at www.nowweretalking.nhs.uk. You can also follow

the campaign on Twitter [@NowWereTalking_](#) and on [Facebook](#) [@NowWereTalkingWorcs](#)

It is estimated that there are around 50,000 people in Worcestershire experiencing these more common mental health conditions. Since its launch the 'Now We're Talking' the campaign has worked with lots of local services and organisations to raise awareness. If you or your company would like to be involved you can contact Alice.Linley@nhs.net

Caption:

Sgt Michelle Clarke at the wellbeing event at Kidderminster Police Station

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