

Towards happier, healthier lives

Thrive LDN resources and
training offers

Updated July 2024



Thrive LDN resources and training offers

Thrive LDN is a citywide public mental health partnership to ensure all Londoners have an equal opportunity for good mental health and wellbeing. We are a coalition of partners working towards the shared mission of ensuring everyone living or working in London is treated fairly and can live a happy and healthy life.

Here we outline some of the free resources and training offers that Thrive LDN has made available to all Londoners.

If you have any questions or need any further information, please contact a member of the team on

info@thriveldn.co.uk



#ZeroSuicideLDN - free, online suicide prevention training

In 2019, the citywide [#ZeroSuicideLDN campaign](#) was launched by the Mayor of London and partners to encourage Londoners to access the Zero Suicide Alliance’s free, online suicide prevention training.

The training takes around 20 minutes to complete and is designed to help people identify warning signs and feel comfortable having conversations about suicide with friends and family.

To date, more than 400,000 people across the capital have completed the training.

[Access the training](#)



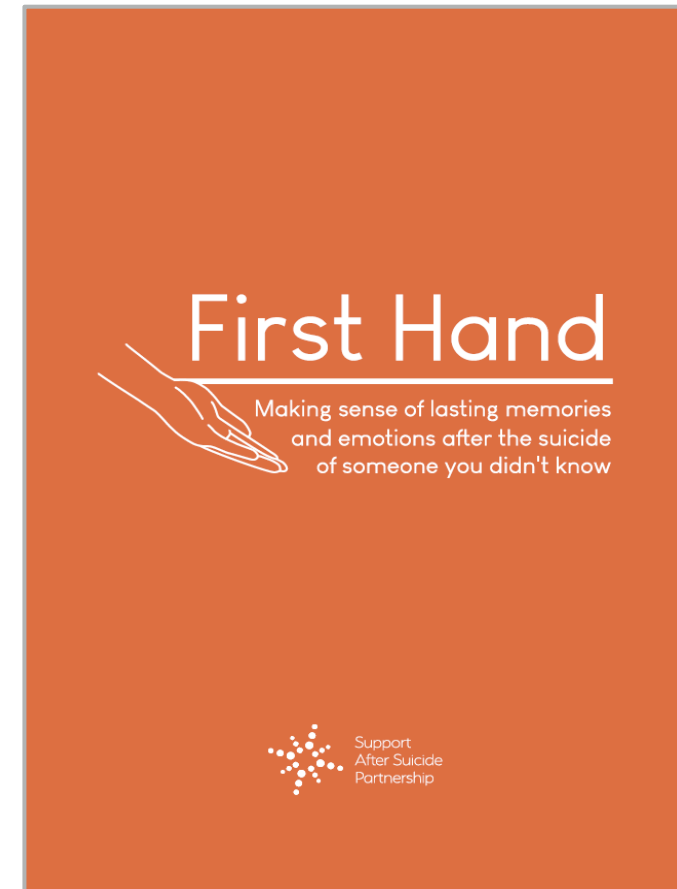
First Hand witness to suicide

Thrive LDN has teamed up with the Support after Suicide Partnership (SASP) and Grassroots in Brighton to develop [First Hand](#), a resource for anyone affected by witnessing a suicide, when they did not know the person who has died.

First Hand aims to support people to make sense of their physical and psychological reactions after what is a traumatic and shocking experience. It has been developed together with people with lived experience, both in their day to day lives and in their professional duties.

Grassroots has since developed a bespoke website, which covers the content of the resource and more:

www.first-hand.org.uk

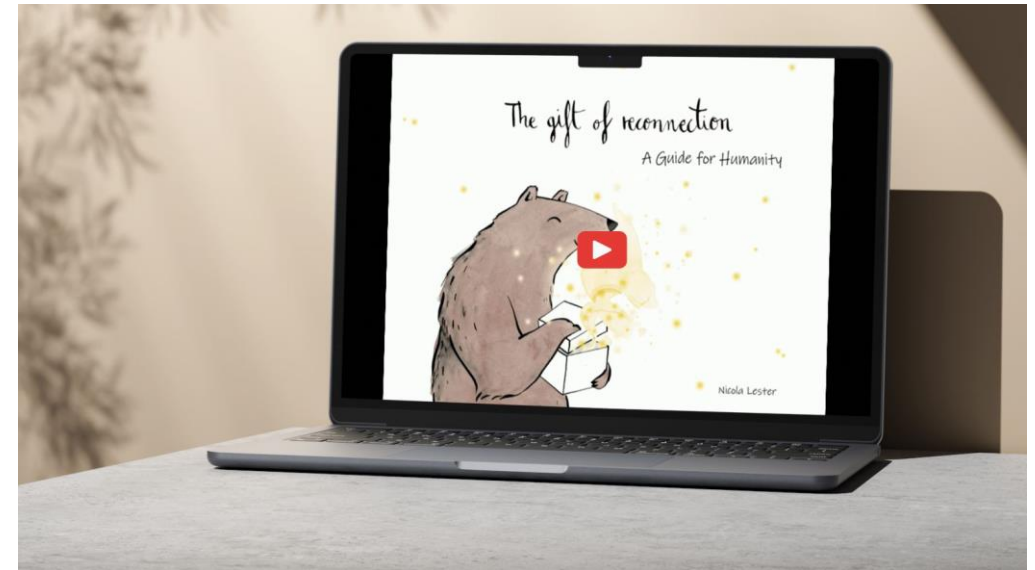


The Gift of Reconnection: trauma-informed practice training

Thrive LDN has worked with [Nicola Lester Psychological Trauma Consultancy](#) to offer free, recorded open access trauma-informed practice training to support individuals and organisations.

Offered at three levels, this training series is designed to help professionals and volunteers gain an understanding of the impact of trauma and to integrate a trauma-informed approach to practice.

Ensuring your workplace promotes trauma-informed practice will help prevent burnout and protect the emotional safety of your employees.



[Access this training series](#)

Resilience and Conflict Resolution workshops

Thrive LDN has worked with Healthy Dialogues to offer a series of free online workshops designed to meet the expressed challenges faced by anyone who in a professional role supporting others.

The workshops cover topics such understanding stress and resilience, developing personal awareness, developing our coping strategies. Alongside building communication skills crucial for de-escalating conflicts and investigating personal coping strategies for managing one's response to conflict.



[Access this training series](#)

Mental Health Awareness Training

Thrive LDN has worked with Healthy Dialogues to offer three pre-recorded training sessions about mental health and the impact of financial hardships.

The training is aimed for London's key workers and community champions.

Across the training, you will learn skills to engage people in conversations in mental health and wellbeing and what to do when someone is experiencing a mental health or emotional wellbeing crisis.



[Access this training series](#)

Thrive LDN and Money A+E webinar: Cost of living crisis and the Ethnicity Premium

Money A+E is an award-winning social enterprise that provides money advice & education to disadvantaged groups, diverse ethnic communities and young people.

Thrive LDN partnered to [host a free webinar](#) on how lived experience needs to be at the heart of debt support.

We heard about the impact of the cost-of-living crisis on Money A+E service users, the Ethnicity Premium and the impact this is having on racialised and marginalised communities.

The Cost of Living Crisis

- Black Londoners 2x as likely to be in debt and borrowing from friends and family than white Londoners.*
- Rising debt levels – often £10k+ on household bills
- Mental health crisis

*Source: Mayor of London/YouGov, 2022

86% of people with experience of mental health problems said that their financial situation had made the problem worse.

Problem debt or sudden life crisis precipitating a loss of income can make people...

3x more likely to see suicide as their only option.

Mental health & financial wellbeing

Sources: Money and Mental Health Policy Institute, 2019 / Money and Mental Health Organisation, 2022

[Access the webinar](#)

Thrive LDN's conversation starter tool

Thrive LDN has co-developed a conversation starter tool to help you engage with friends, family, neighbours or those you support in your community or workplace about good mental health, wellbeing and financial worries.

Access Thrive LDN's conversation starter

CONVERSATION STARTER TOOL

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Situation
 Try using a situation to find common ground - a recent, current or future event that means something to you both.

- > "I know lots of people are finding things difficult at the moment and wondering when things will get easier, how are you doing?"
- > "All of these cost increases are so hard to keep up with. How are you feeling about the situation?"
- > "I've been thinking about how much I am looking forward to (a community event, faith gathering, social event), how about you?"

I

Initiate
 Initiating a caring conversation is an act of kindness, good for your own wellbeing as well as for someone else. A direct question, asked gently, gets to the point and is an honest way to begin.

- > "I wanted to check in and ask how you have been doing, how you have been managing with being at home/working/looking after your family?"
- > "You haven't seemed like yourself recently, is there anything you want to talk about?"
- > "Are you free to meet (for a coffee, a walk, or a phone call) this week? It would be great to catch up."

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Guide
 Being a good listener shows someone that you are genuinely interested in how they are doing. Use open-ended questions to guide them into talking more, without judgement or negative reactions to what they have to say.

- > "You said you were having concerns about how quickly things are changing at the moment and what that might mean for you, how are you feeling about things right now?"
- > "You mentioned money worries, how has that been affecting you?"

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Nudge
 A nudge in the right direction can help people to search for their own resolution. Positive encouragement and practical suggestions can be a helpful prompt.

- > "Have you thought about what might help you to deal with your money worries?"
- > "Have you thought about the next steps you'd like to take? I am happy to support you in finding a solution."

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Support & Signpost
 It can be hard to know where to turn and what help is available. You can use this opportunity to point someone in the right direction for support.

- > "Thank you for sharing that with me. It's been good to talk. There is much more help available for you if you would like to speak with someone. Here are a few options for you."
- > "If this is your situation, this is the support that is available to you."

SUPPORT & SIGNPOST

Where can I find help?

Reaching out to someone we trust is one of the most important things we can do to keep mentally well. Even if this is a partner, a relative, or a friend, it's important to acknowledge that it's not always easy for someone to talk about how they're feeling or share the concerns they may have. A gentle conversation can encourage this but it's helpful to know what support and advice services are available which can offer professional help, if needed.

Professional support and advice services

NHS Every Mind Matters empowers people to look after their mental health by directing them to free, practical tips and advice.

> Find out more here: www.nhs.uk/every-mind-matters

Good Thinking is London's digital mental wellbeing service, promoting proactive self-care for the four most common mental health conditions: anxiety, low mood, sleeping difficulties and stress.

> Find out more here: www.good-thinking.uk

Talk to your GP. It can be daunting to speak to someone that you may not know well about your mental health, but most people find that speaking to their GP, and the help and support they receive from them, can make all the difference.

> Find a GP search tool www.nhs.uk/service-search/find-a-gp

Mind provide advice and support to empower anyone experiencing a mental health problem.

> Call Mind Infoline 0300 123 3393 open Monday to Friday (except for bank holidays) 9am to 6pm, or visit www.mind.org.uk

Thrive LDN offer tools and resources to support Londoners' mental health, including resources on supporting emotional resilience, financial anxiety, bereavement, and also how to safely support others in the community.

> Find out more here: www.thriveLDN.co.uk

Samaritans provide free emotional support, advice and information to anyone who wants to talk, available 24 hours, every day.

> Call 116 123 or visit www.samaritans.org or email jo@samaritans.org

Shout is a free, confidential, anonymous text support service for anyone who is struggling to cope, available 24 hours, every day.

> Text the word 'SHOUT' to 85258 or visit www.olxvushout.org/get-help

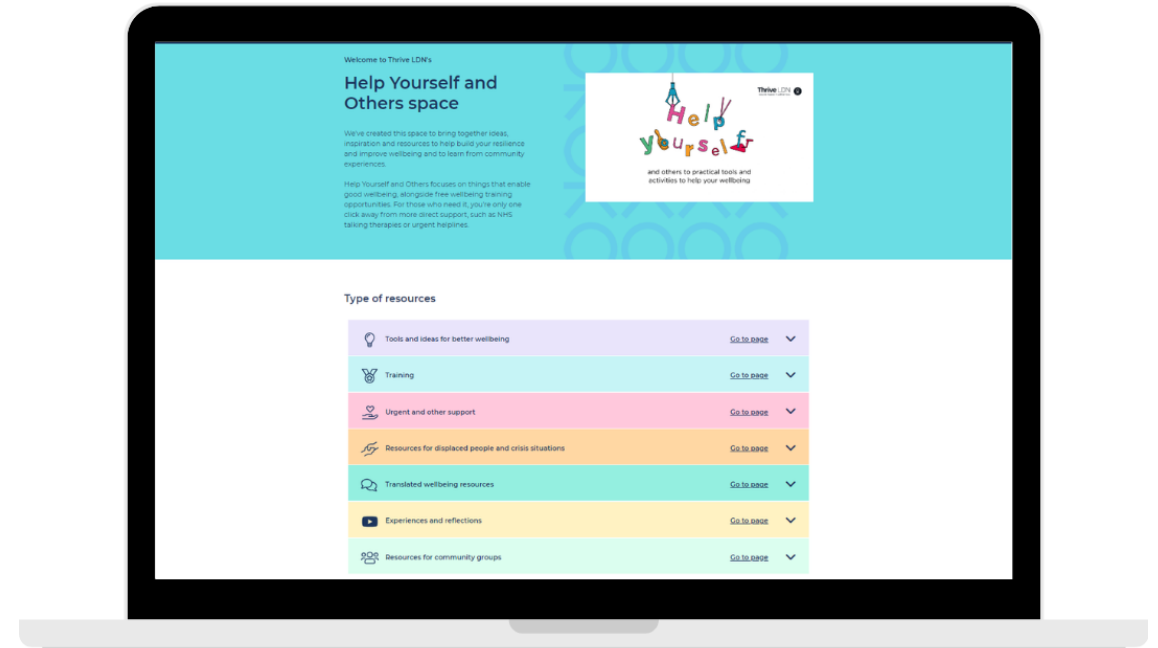
NHS urgent mental health helplines are available 24 hours a day, 7 days a week.

> Find the relevant helpline for you here: www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

Thrive LDN's *Help Yourself and Others* online portal

We have created a space on our website to bring together ideas, inspiration and resources to help build your resilience and improve wellbeing and to learn from community experiences.

[Help Yourself and Others](#) focuses on things that enable good wellbeing, alongside free wellbeing training opportunities. For those who need it, you're only one click away from more direct support, such as NHS talking therapies or urgent helplines.



[Access Help Yourself and Others](#)

Support & signpost: Where can I find help?

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- **NHS urgent mental health helplines** are available 24 hours a day, 7 days a week: <https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>



Thank you

If you have any questions please email us at info@thrivedn.co.uk or connect with us via social media.

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