



Health campaign calendar

February

Your monthly campaign tool kit to help promote health and wellbeing to your community.



**Live Life
BETTER
DERBYSHIRE**



February

National Campaigns

World Cancer Day 4th Feb

Never underestimate the power of cooperation and collective action to save lives. Who are you and what will you do on 4 Feb? Speak up, stand up and take action together this #WorldCancerDay



Children's Mental Health Week 7 - 13 Feb

1 in 6 children & young people have a diagnosable #mentalhealth condition. That's why we're supporting Place2Be's Children's Mental Health Week - raising awareness of the importance of children & young people's mental health.



This year's theme is Growing Together. Get resources and information by clicking the box.

Local campaigns

Time to Talk Derbyshire. Feb 7th- March 4th

Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this.



We're encouraging everyone to be more open about mental health – to talk, to listen, to change lives.

February

Social Media posts

Time to Talk Derbyshire.

We're supporting #TimeToTalk because 1 in 4 people will experience a mental health problem – it's time for the stigma to end.

We're supporting #TimeToTalk so that no one feels alone when they're experiencing a mental health problem. Get help & support online at www.derbyshire.gov.uk/mentalhealth

If you're experiencing emotional health struggles then it's #TimeToTalk - talk to a friend, family member or pick up the phone. If you're struggling to cope then @samaritans are on hand to help on 116 123.

World Cancer Day

Never underestimate the power of cooperation and collective action to save lives. Who are you and what will you do on 4 Feb? Speak up, stand up and take action together this #WorldCancerDay

Children's mental health week

Children's Mental Health Week is taking place on 7-13 February & this year's theme is Growing together. Get resources online here: <https://www.childrensmentalhealthweek.org.uk/>

Newsletter / payslip / intranet copy

Time to Talk Derbyshire

Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this.

This year Derbyshire County Council is running Time to Talk Derbyshire from February 7th to March 4th.

It aims to encourage everyone to be more open about mental health – to talk, to listen, to change lives.

What are you doing to start the conversation? Get ideas about how to start talking about mental health at www.derbyshire.gov.uk/timetotalk

There's lots of ways to help improve your emotional wellbeing too.

Have you tried the Five Ways to Wellbeing? They're simple, everyday things to give your mood a little boost. Find out more at: www.derbyshire.gov.uk/wellbeing





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We hope this toolkit is useful to you. If you have any suggestions for improvements please email colleen.marples@derbyshire.gov.uk

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www.instagram.com/livelifebetterderbyshire



www.pinterest.co.uk/livelifebetterderbyshire