

Mental health



Mental health

- Mental health support teams in County Durham schools – press release issued August.
- PCVC office posts on social media Twitter/Facebook/Instagram in relation to link between alcohol and mental health as part of Balance ‘What’s the Harm’ campaign.
- Durham County News autumn edition - piece about mental health and wellbeing for World Mental Health Day.
- Multi agency approach to World Mental Health Day, including Fire and Rescue Service.
- Public Health England to launch Every Mind Matters campaign on 7 October.



Flu



Flu/Help us help you stay well this winter

- Meetings of flu board taking place.
- Health and Wellbeing Board to be flu champions and report back in 2019.
- Public Health England preparing campaign material for NHS staff communications this winter. Can also be used for local authority staff.
- Content to be prepared for future editions of Durham County News magazine and Caring Matters
- Full communication plan in line with issue of resources by NHS.



**HELP US
HELP YOU**

STAY WELL THIS WINTER

**Altogether
healthier**

County Durham Health
and Wellbeing Board