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# Epsom & Ewell residents invited to share ‘Messages of Hope’ for World Suicide Prevention Day

10 September 2026




Epsom & Ewell Borough Council is inviting residents to share messages of encouragement and support as part of the Messages of Hope campaign, marking World Suicide Prevention Day on 10 September.

Part of the council’s Health and Wellbeing Strategy, the initiative aims to help people feel connected, reduce the stigma around mental health, raise awareness of local support services and resources, and provide messages of hope to people who may be facing mental health challenges or affected by the loss of someone to suicide.

Messages of Hope display boards will be located at several locations across the borough. Residents are invited to write a message of hope for others and read or take a message that resonates with them. Information about local mental health support services and resources will be available at each location.

**From 10 to 17 September, residents can write a message of hope and pin it to one of the boards located at:**

- Ashley Centre, Epsom
- Bourne Hall Library, Ewell
- Epsom Library
- Epsom Picturehouse
- St John’s Church, Stoneleigh

Chief Executive of Epsom & Ewell Borough Council, Jackie King, Chair of the Community & Wellbeing Committee, Councillor Clive Woodbridge, and the Mayor of Epsom & Ewell, Councillor Lucie McIntyre, will add their own messages to the board at the Ashley Centre on 10 September.

Epsom Picturehouse will host a free Letters of Hope workshop in its café area on 10 September from 2pm to 4pm, led by local facilitator Kate McBarron. Participants will be guided through letter-writing techniques and prompts to help them create messages of hope, with time afterwards to continue writing. To book a place, email epsom.marketing@picturehouses.co.uk or call 07841 724938.

**Councillor Clive Woodbridge, Chair of the Community and Wellbeing Committee said:** “Mental health challenges can affect anyone, and they can have a profound impact on individuals, families and friends.

“World Suicide Prevention Day is an opportunity to raise awareness, encourage conversations and remind people that small acts of kindness can make a real difference. Through Messages of Hope, we want to show that Epsom & Ewell is a community that cares, where people look out for one another and where nobody has to face difficult times alone.”

“I would encourage anyone who is experiencing mental health difficulties, or who is concerned about someone they know, to reach out for help. One life lost is too much.”

Information about local mental health support and resources can be found here: Mental Health Support and Resources | Epsom and Ewell Borough Council

**About the EEBC Messages of Hope campaign**

The Message of Hope campaign aims to create moments of human connection, reduce stigma around emotional wellbeing, and provide accessible messages of hope to anyone who may be struggling. This campaign does not replace professional support; it complements existing suicide prevention efforts by creating opportunities for compassion, conversation, and hope across the borough.

**About Epsom’s Picturehouse free letter-writing technique workshop, supported by EEBC**

Epsom’s Picturehouse cinema in Epsom Square will be opening its café space for a free Letters of Hope workshop on September 10th, led by local facilitator Kate McBarron. Kate will lead an hour of guided letter-writing techniques, prompts and inspiration from 2pm, followed by time for participants to continue writing and use the resources provided.

**About the EEBC Health and Wellbeing Strategy 2025-2028**

The strategy supports all residents, with particular attention given to children and young people, older adults, individuals whose health is affected by broader social and economic factors and those whose personal circumstances may

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disproportionately increase their vulnerability to poor health and wellbeing. The strategy also includes specific references to those who are disproportionately impacted by isolation, disability, digital exclusion and people with long-term health conditions. (Public Pack) Agenda Document for Community and Wellbeing Committee, 08/07/2025 19:30

Epsom and Ewell Borough Council



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