

April 2025

REGIONAL UPDATE

East of England Psychological Professions Network



In this East of England Psychological Professions Network update, you can find out more about the revised NHS England guidance on staying safe from suicide, information about the upcoming NHS Elect 24-Hour charity webathon, details of upcoming webinars from the Perinatal Mental Health programme, and revised guidance on NHS Talking Therapies PWP supervision.

Scroll down to find out more.

Staying Safe from Suicide: NHS England Guidance Revised 2025

NHS England has recently published national suicide assessment and safety planning guidance for all mental health practitioners: 'Staying safe from suicide: Best practice guidance for safety assessment, formulation and management'. [Staying safe from suicide: Best practice guidance for safety assessment, formulation and management.](#)

This guidance reinforces the need for practitioners to stop trying to predict suicide risk, including stratifying risk into high, medium or low. The guidance says that practitioners should take a personalised, or person-centred approach to building a trusting relationship

with the person having suicidal impulses, to reach a shared understanding of factors affecting their safety, and to plan together for staying safe.

The guidance is for people of all ages, including people with a learning disability or autism. It was developed by over 120 experts, including those with lived experience, front-line practitioners and academics. The Royal College of Psychiatrists, Royal College of Nursing, British Psychological Society and a range of other professional bodies were actively involved with its development. It applies to all mental health practitioners – in the NHS, the private sector and the charity sector.

NHS Elect 24-Hour Charity Webathon

NHS Elect are hosting a special charity webathon, offering 24 hours of free learning for NHS staff as a thank you for everything they do. The aim is to help raise money for four amazing health and care charities that have supported NHS staff and their loved ones during challenging times.

The event runs from 12pm on Thursday 1st of May for 24 hours, with 24 incredible webinars being hosted. The webinars are free for NHS staff, although a small voluntary donation is asked for if attendees are able to.

There's plenty of sessions to choose from on popular topics like leadership, feeling happier at work, and skill sharing. Examples of webinars that may be of interest to you include: [*Feeling Happier At Work*](#), [*Five Things We Wish We Knew Before Leading a Team*](#), and [*the Art of Storytelling in Healthcare*](#).

For the full list of webinars and further information, please visit the [NHS Elect 2025 Webathon page](#).

New Course - Perinatal Mental Health Birth Trauma

Supporting patients who have had a traumatic experience during birth is the aim of new elearning on *Perinatal Mental Health Birth Trauma*.

Three new learning modules build on a trauma informed approach to further explore birth trauma specifically and have been added to the Perinatal Mental Health (PMH)

programme on the elearning for healthcare (elfh) hub. They are suitable for all professionals involved in perinatal care.

To find out more and to access the course visit the [Perinatal Mental Health programme page](#).

NHS Talking Therapies PWP Supervision Guidance and Best Practice Revised 2025

The NHS Talking Therapies supervision guidance that was previously published has been reviewed and is now reissued with a focus specifically on PWP Supervision. This has been updated and approved by the NHS Talking Therapies expert advisory group. The NHS Talking Therapies Manual contains the best current national guidance on HIT supervision. We will be going live with the link from the Manual to the PWP Supervision Guidance in the next few weeks.

This guidance has been uploaded to the NHS Talking Therapies Futures platform and can be located here [PWP Supervision Guidance and Best Practice Revised Jan 2025](#)

Keep UpToDate with the East of England PPN

Want to find out more about upcoming East of England PPN events, Communities of Practice, and other resources? Check out our [East of England PPN News page](#) for the latest updates.

Interested in Joining the PPN Network?

Anyone can join the Psychological Professions Network! Whether you are a member of one of the psychological professions, another professional of any discipline, an aspiring psychological professional, or a member of the public, you can click [here](#) to sign up and join us for free.

Any information shared by the PPN regarding third-party events or CPD opportunities is solely for informational purposes, and individuals are encouraged to exercise discretion and diligence in assessing the suitability and quality of such offerings. The PPN does not accept responsibility for any third-party events, trainings or CPD opportunities that are shared by the PPN in communications. The PPN does not oversee the management of

the content or delivery of the training. Please contact the organisers directly with feedback, concerns, or complaints.

With best wishes,

East of England PPN Team



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