



# PAPYRUS

prevention of young suicide

**HOPELineUK 0800 068 41 41**

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Suicide Prevention Advisor


# Seeking Help / Information

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Where would you seek info or help if you ...

- Needed to buy a new fridge?
- Broke your arm?
- Wanted a cure for an STI?
- Thought you or your partner was pregnant?
- Felt depressed?
- Were worried that a young person you care about was suicidal?





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'The more difficult it is to talk  
about something openly....  
the more I will need to find covert  
sources of information '





# Who you gonna call?

- Who would **YOU** talk to?
- Who is there for **YOU**?

## Answer may be:

- I wouldn't always TALK;
- "I'd probably Google it"





# About

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- Began in 1997 by a group of parents who lost their child to suicide
- Parents, family and friends have a **unique perspective**
- **Many young suicides could be prevented**
- The charity was founded



# Aims

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1. To promote an understanding of the unique contribution that parents, families, young people, friends and carers can make to suicide prevention
2. To promote good emotional health and mental wellbeing



# Strategic Objectives (2011-2014)

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- Reduce Stigma
- Increase Awareness
- Provide Preventative services
- Campaign
- Listen and learn
- Contribute



# Reducing Stigma

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Across the UK...

- Talk about suicide
- Provide Suicide Awareness training
- Host regional meetings





# Increase Awareness

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Across the UK...

- Suicide Awareness Training
  - Schools
  - Prisons
  - Colleges
- Regional Meetings
- Provide preventative training
  - ASIST (Applied Suicide Intervention Skills Training)
- Facebook/twitter



# Provide Preventative Services

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- [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Literature
- National Helpline HOPELineUK
  - Phone
  - Text
  - Email

# Join PAPYRUS

## Help us to **save young lives**



papyrus\_tweets

The screenshot shows the Papyrus website homepage. At the top right, it displays the 'Confidential Helpline: HOPELineUK 0800 068 41 41'. The navigation menu includes 'Home', 'About Us', 'Contact Us', 'Join Now', 'Start Fundraising', and 'Make a Donation'. The main banner is for 'SAFER INTERNET DAY 2012' on '7th FEBRUARY', with the website 'www.saferinternet.org.uk'. Below the banner, there is a section titled 'We do' with bullet points: 'Reduce stigma associated with suicide and mental health issues', 'Increase Awareness of young suicide and how to help prevent it', 'Provide services (e.g. HOPELineUK / ASIST Training)', 'Campaign as a UK-wide membership organisation to prevent young suicide', 'Listen and Learn - supporting and disseminating research and knowledge', and 'Contribute to local, regional and national suicide prevention strategic action'. There is also a 'Support For...' section with a list: 'You', 'Friends', 'Parents', 'Teachers', 'University and College Staff', 'Health Professionals', and 'More...' with sub-items 'HOPELineUK', 'YoungPAPYRUS', 'Latest News', 'Research', and 'Campaigns'. At the bottom, there is a 'Latest News...' section with a post for 'Safer Internet Day 2012' dated '7th Feb 2012' and a tweet from 'PAPYRUS PAPYRUS\_tweets' that says 'Have you been thinking about suicide?'.

[www.papyrus-uk.org](http://www.papyrus-uk.org)



PAPYRUS-UK

## Friends



### Are you worried about a friend or a mate?

Have they:

- hurt themselves?
- said they feel like hurting themselves?
- said or done things that have made you suspect they're thinking of taking their own life?

'Yes' to any of these? You're right to be worried

### This is how you can help:

Be there for them

Tell them that you really care what happens to them.

Try to get them to tell you about it.

Listen carefully - don't interrupt or make fun of them or judge them.

Let them know that you're trying to understand how they're feeling, you're taking it seriously and that you really want to help.

Try to persuade them to talk to someone else -

- mum, dad, their partner or someone in their family
- the doctor
- counsellor
- someone they can trust
- an advisor on the PAPYRUS helpline - **HOPELineUK**

Offer to go with them for company when they go looking for help.

If you're very worried you must tell someone yourself. Phone **HOPELineUK** for further advice.

### Things you should know

Sometimes people harm themselves (*usually by cutting their skin*) to help ease the mental pain they may be suffering. They're not doing it to kill themselves. But it's still serious and they need help.

It's OK to talk about feelings. Talking about suicide doesn't make it more likely to happen. Bringing it out into the open can actually help.

Young people can be easily influenced by other people's suicides - especially if it's another young person. It doesn't matter whether it was someone they knew or a famous person.

You don't have to be depressed to be suicidal. Sometimes these feelings come because of sad or bad things that have happened in a person's life.



### Support For...

[You](#)

[Friends](#)

[Parents](#)

[Teachers](#)

[University and College Staff](#)

[Health Professionals](#)

### More...

[HOPELineUK](#)

[YoungPAPYRUS](#)

[Latest News](#)

[Research](#)

[Campaigns](#)

[Publications](#)

[Archive: Newsletters / Forms](#)

[Media](#)

[Media Releases](#)

[Links](#)

[Jobs](#)

not just a  
cry for  
help

prevention of young suicide

This poster features a yellow background with the text "not just a cry for help" in purple. At the bottom, there is a collage of young people's faces. A white arrow points from the text down to the collage. The text "prevention of young suicide" is written in a small font at the bottom right of the collage.

thinking of  
ending  
it all?

This poster has a yellow background. A large purple speech bubble contains the text "thinking of ending it all?" in white. A pink question mark is positioned to the right of the speech bubble. At the bottom, there is a collage of young people's faces.

feelin' bad,  
feelin' sad,  
wanna give up...  
... let's talk

This poster has a pink and white background. It features four speech bubbles with the following text: "feelin' bad," (yellow bubble), "feelin' sad," (purple bubble), "wanna give up..." (black bubble), and "... let's talk" (yellow bubble). Small circular portraits of young people are placed around the speech bubbles.

# HOPELineUK 0800 068 41 41

- ◆ **free** call from BT landlines
- ◆ **confidential** telephone service
- ◆ **staffed** by professionally trained advisers

providing

- ◆ support
- ◆ practical advice
- ◆ information

for

- ◆ young people at risk of suicide (under 35)
- ◆ anyone concerned about a young person at risk

## ○ **Opening Times**

- ◆ Weekdays 10am-5pm and 7pm-10pm
- ◆ Weekends 2pm-5pm



**HOPE**Line**UK 0800 068 41 41**

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email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

or

○ **SMS: 07786 209697**

\* **You do not have to give your name or whereabouts.**

**Your standard text charges apply.**



# HOPELineUK 0800 068 41 41

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"Over the last few weeks you have all been amazing, I can't thank you enough, honestly you've kept me going" *Text service*

"I love the website and I find it very useful" *Email service*

"Thank you. Your staff save lives. I will truly follow you" *Phone call*

"Your positive and inspirational quotes really do help and get me thinking more positively, please keep them coming" *Facebook*

"I saw my GP after a suicide attempt, thanks for steering me that way" *Text service*





# Contribute

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- Fought for and contributed to **National Suicide Prevention Strategies** for England, Scotland, Northern Ireland and Wales
- Commissioned **research and disseminated literature and findings** across the UK



# Campaign

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- Campaigning to reduce access to harmful online materials
- Responsible media reporting to avoid romanticising, sensationalising or normalising suicide in the eyes of other vulnerable young people



# Listen and Learn

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Across the UK...

- To/from young people
- To/from survivors of suicide
- To/from other service providers
- To/from academics in the field
- To/from research



# Training

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4 key areas including

- **Interactive Suicide Awareness Information Sessions for young people** which
  - look at some of the difficulties young people may be facing today
  - identify young people's own community resources and encourage them to access these
  - make young people aware of PAPYRUS as a source of suicide prevention support
- These can be provided in 1 hour slots or adjusted to meet the needs of the institution



# Training

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- **SuicideTALK**
  - seminar for whole **staff groups** and/or groups of **parents/carers**
  - looks at the benefit of speaking safely and openly about suicide
  - helps to remove the stigma which can prevent help-seeking behaviours
- Lasts a maximum of 2 hours



# Training

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- **Applied Suicide Intervention Skills Training (ASIST)**
  - 2 days training workshop for those in contact with young people throughout their working day
  - helps participants to identify when a young person may be at risk of suicide
  - provides caregivers with an evidence-based intervention model which keeps young people safe
  - equips participants to feel more ready, willing and able to address the needs of someone at risk
- Training can be provided at an institution for a minimum of 10 participants
- Join one of the workshops planned throughout the year with POPYRUS



# Training

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- **Bespoke packages**
  - Training workshop for those who have contact with young people throughout their working day which
  - helps participants to identify when a young person may be at risk of suicide
  - equips participants with the skills and knowledge to approach that young person and address their needs
  - reduces the stigma surrounding suicide.
  - provides a safe environment for participants to ask any questions they have about suicide.
- Half Day or Full Day
- Fit around the needs of the participants