Suicide Safer Communities for Young People in Tameside, Stockport and neighbouring communities: Final Report
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Foreword

Last year over 1500 young people under the age of 35 ended their own life, making suicide the biggest killer of young people in the UK. PAPYRUS is the national charity for the prevention of young suicide and part of our work involves engaging with local people to build suicide-safer communities. Through awareness-raising and training we provide the skills and confidence that enables individuals and organisations to recognise and intervene in suicidal behaviour and to access the appropriate help and support.

Pennine Care NHS Foundation Trust commissioned PAPYRUS to deliver Suicide Safer Communities for Young People (SSCYP) in Tameside and Stockport, which is a community-based project that engages young people as well as the wider community in suicide prevention. The project enables the community to become more resilient and with guidance and training develop their own sustainable approach to suicide prevention.

The SSCYP project has been a fantastic success, it has exceeded our original project objectives and outcomes, engaging both the community and its young people in suicide prevention. The project has provided a rich source of learning that will now inform future suicide prevention community projects across the UK.

The following evaluation report provides a record of the project journey, what was achieved and some suggestions as to how we could build on the project experience and learning. We hope you enjoy reading our report.

If you have any comments, suggestions, or ideas about this or future projects please let us know.

Thank you to Pennine Care NHS Foundation Trust and also Healthy Young Minds (formerly CAMHS) for their support throughout the project. Thank you also to the amazing and motivated young people who made the project such a positive experience.

Michelle Kelly
Regional Development Officer

Project Delivery Team

Karen May
Development Manager

Michelle Kelly
Regional Development Officer (North West)
Project Overview

PAPYRUS Prevention of Young Suicide received funding from Pennine Care NHS Foundation Trust to deliver PAPYRUS Suicide Safer Communities for Young People (SSCYP) project over a period of 12 months. The project included a specific focus on suicide prevention and enabled PAPYRUS to engage the local community in a variety of different ways. The project would challenge stigma surrounding suicide, equip members of the community with suicide intervention skills and empower young people to get involved with suicide preventative activities.

Project Objectives

<table>
<thead>
<tr>
<th>Objective</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Engage 15 Youth Champions to become trained in the world validated Applied Suicide Intervention Skills Training (ASIST)</td>
</tr>
<tr>
<td>2</td>
<td>Support the Youth Champions in delivering to deliver 3 suicide prevention activities each across 15 different communities</td>
</tr>
<tr>
<td>3</td>
<td>To raise awareness of the scale of the problem of young suicide and to promote HOPELineUK (0800 068 4141) as a resource for young people with thoughts of suicide or anyone who is concerned about a young people who may be at risk of having thoughts of suicide</td>
</tr>
</tbody>
</table>

Objective 1: Engage 15 Youth Champions to become trained in ASIST

The project was designed to engage up to 15 youth champions from Tameside, Stockport and neighbouring communities. The young people would be trained in ASIST (Applied Suicide Intervention Skills Training) before going on to design and deliver 3 suicide prevention activities in their own communities.

ASIST training is a world-validated 2 day training course that provides the skills needed to provide short-term safety for anyone who is experiencing thoughts of suicide. It was felt that the ASIST training was important for the young people as it would provide them with the skills necessary to respond to situations in which a person may disclose thoughts of suicide.

PAPYRUS worked with CAMHS to recruit the young people. Promotional posters and handouts were created to generate interest which were disseminated at college events and via email and post. A breakdown of the organisations per sector that we contacted during the recruitment phase can be found below:

<table>
<thead>
<tr>
<th>Contact Type</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary, community and public sector organisations</td>
<td>91</td>
</tr>
<tr>
<td>Faith-based groups and places of worship</td>
<td>48</td>
</tr>
<tr>
<td>Media organisations</td>
<td>10</td>
</tr>
<tr>
<td>Secondary schools and colleges</td>
<td>29</td>
</tr>
<tr>
<td>Private sector organisations/business groups</td>
<td>4</td>
</tr>
</tbody>
</table>
A total of 37 young people progressed to the project application stage, with additional expressions of interest coming through after the deadline.

Each Youth Champion was contacted by a member of the PAPYRUS project team and a meeting was set up to discuss the project. This was also an opportunity for the project team to assess the suitability of the candidates given the emotive content of the subject matter and the ASIST course itself. The 15 Youth Champions were chosen following the outcome of these meetings.

Once the Youth Champions were in place the project was launched officially at Dukinfield Town Hall to mark the commencement of the Suicide Safer Communities project. This served as an opportunity to welcome the young people on to the project, to give them more information about what the project entailed and to provide a background to PAPYRUS. The Mayor of Stockport attended the launch which also attracted the attention of the local media.

The ASIST course followed soon after the launch. Each of the 15 Youth Champions attended the course although only 14 completed the training as one of the participants was unwell.

On completing their evaluation of the training, 100% of the Youth Champions felt confident they would help a person at risk of suicide whereas before the training nobody stated that they would have felt able to do this. 100% of the participants said that they would now ask someone directly about suicide if a person’s words or behaviours suggested that they were thinking about suicide and that if someone did disclose thoughts of suicide they would feel confident to carry out an intervention. At the end of the workshop every participant said that they now felt equipped and prepared to help a person at risk of suicide.

**KEY ACTIVITIES**

<table>
<thead>
<tr>
<th>Task</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Met with partner organisation to determine age range and locality</td>
<td>July 2015</td>
</tr>
<tr>
<td>Recruitment phase begins</td>
<td>July 2015</td>
</tr>
<tr>
<td>Preparation of promotional materials</td>
<td>July 2015</td>
</tr>
<tr>
<td>Compile a list of organisations in identified areas to send recruitment information to</td>
<td>August 2015</td>
</tr>
<tr>
<td>Sent out promotional information by email/post</td>
<td>August 2015</td>
</tr>
<tr>
<td>Follow up email/phone call</td>
<td>August 2015</td>
</tr>
<tr>
<td>Send out volunteer application form and project description to interested applicants</td>
<td>September 2015</td>
</tr>
<tr>
<td>Meet with candidates to assess suitability</td>
<td>October-November 2015</td>
</tr>
<tr>
<td>Launch of project held at Dukinfield Town Hall</td>
<td>21st January 2016</td>
</tr>
<tr>
<td>ASIST held for Youth Champions</td>
<td>18/19th February 2016</td>
</tr>
<tr>
<td>All toolkits delivered and activities underway</td>
<td>19th February 2016</td>
</tr>
<tr>
<td>End of Project Celebration Event</td>
<td>8th November 2016</td>
</tr>
</tbody>
</table>
Feedback/testimonials

“The workshop has taught me some new skills and a new outlook. thanks to trainers I feel confident and passionate about talking about suicide. I feel I still have ongoing support. It was beneficial going into smaller groupers. Michelle was really approachable and open. My views have changed and I feel more confident.”

“ASIST has allowed me to reflect on my practice and approach to suicide I feel I have learnt the importance of being human and NOT clinical”
“I’ve learnt a lot on the 2 day course and I feel that I need to continue to practice the skills I have learned”

“Fantastic training provided by engaging trainers. I feel that the training has made me feel more confident about approaching the subject of suicide and I know that its ok to talk about it and any chat about it or engagement is better than none.”

Evidence/photos

Article about the Project Launch in the Glossop Chronicle
Invite to Launch

Suicide Safer Communities for Young People - Project Launch

The Child and Adolescent Mental Health Service is working with national charity, PAPYRUS, to deliver a suicide prevention community development project in Tameside, Glossop and Stockport. The project will see 15 young volunteers between the ages of 18 and 35 complete a two-day training course before going on to each deliver three suicide prevention activities across the boroughs.

End of Project Celebration
Objective 2: Support the Youth Champions in delivering 45 suicide prevention activities in their communities

The young people were encouraged to define their own communities, which could be geographical or related to a particular group they belong to or their workplace/school. Each were encouraged to think about their skill set and interests when developing ideas for suicide prevention activities. It was felt that this would encourage innovation and originality, whilst helping the young people to work to their own strengths within the communities they were most familiar with.

Each of the Youth Champions were tasked with completing 3 activities within their respective communities. They were provided with a toolkit containing a variety of resources including HOPELineUK contact cards, assorted leaflets, posters, PAPYRUS-branded pens, PAPYRUS-branded wrist bands, and PAPYRUS-branded beer mats. The toolkits also included a list of local and national resources that the Youth Champions could signpost people to if needed, but that they could also use if necessary.

The Youth Champions were made aware of who their key contacts were at PAPYRUS in the event that they required support and advice. They were also frequently contacted throughout the course of the project to ensure that they were completing their activities and that they had everything they needed.

All activities that were completed within the public domain were supported by a member of PAPYRUS staff.

A total of 39 suicide prevention activities were completed within a variety of communities for example, Werneth High School, Stockport Job Centre, libraries, communities and GP surgeries around Tameside, Stockport and neighbouring communities. A number of the Youth Champions said that they had used their ASIST skills to help someone stay safe from suicide or had shared information and resources with vulnerable young people within the context of their professional roles.

The activities reached out to a wide variety of audiences including the junior youth group at Mahdlo Youth Zone. An information stand was held in the week of World Suicide Prevention Day in order to provide the young people with a chance to ask about PAPYRUS. During the session a disclosure was made by a nine year old boy who was experiencing thoughts of suicide. The information was shared with the safeguarding lead at the Youth Zone who then took the decision to share the information with the out of hours children’s social work service.

Two Youth Champions reported that they had delivered an intervention to a man they met at their Church who was displaying worrying behaviour. They were able to help keep the man safe. Another Youth Champion working as a Family Support Worker within a Child Sexual Exploitation Team also shared that they had also delivered an intervention with a young person who disclosed thoughts of suicide and was able to share resources with the young person in order to keep them safe.
Suicide Safer Communities for Young People in Tameside, Stockport and neighbouring communities.
Final report: November 2016

### Suicide Prevention Activities

<table>
<thead>
<tr>
<th>Name</th>
<th>Action</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
</table>
| Charlotte H | - Organised a talk  
- Used ASIST to keep a friend safe until emergency services arrived | Werneth high school  
Via social media | 29/03/2016 |
| Steve C    | - Signed up for Manchester 10k  
- Distributed leaflets at College  
- Facebook Post  
- Walk in PAPYRUS T shirt | Manchester  
Cheadle and Marple College | 10/07/2016  
30/10/2016  
11/10/2016 |
| Melody J   | - Has used ASIST skills to advise and support a man at risk of suicide  
- gave plastic bags and cards to 'the amazing' charity shop  
- gave cards, Pens and wristbands and spoke to the manager of a church charity coffee shop  
- Poster in Tameside library who offered to put them up in all 7 of their libraries | Stockport  
Tameside  
Tameside  
Tameside | 10/2016  
10/2016  
10/2016  
10/2016 |
| Amy T      | - Stand held at job centre  
- Supported SP session  
- Put PAPYRUS-branded pens in phone boxes  
- HOPELineUK cards in charity coffee shop 'oasis' | Stockport Job Centre  
MU  
Tameside  
Tameside | 27/04/2016  
01/06/2016  
09/05/2016  
10/2016  
10/2016 |
| Don B      | - Attended Stockport Wellbeing Week planning meeting to share resources  
- Published article about mental health and suicide to personal blog thealtblog.com  
- Circulated leaflets to organisations through gmtalentmatch.org.uk | Stockport  
Online  
Online | 10/2016  
10/09/2019  
08/2016 |
| Kirsty B   | - Article for Inside Tameside about friends suicide  
https://insidetameside.com/2016/02/papyrus-breaks-suicide-taboo/  
- Posters in 10 community centres  
- Shared resources with libraries in Stockport  
- Helped her sister to deliver an intervention | Online  
Stockport  
Stockport | 22/02/2016  
08/2016  
08/2016 |
| Kellie S   | - Placed posters in the Albion  
- Posters in Astley  
- Posters in Organ | Dukinfield  
Dukinfield  
Stalybridge | 03/2016  
03/2016  
03/2016 |
| Laura S    | - Shared info and resources with friend and social worker  
- Used ASIST with a young person |
### Nicola G
- Provided information to 3 individuals needing support
- Ran a stall at Tameside Suicide Prevention Event
- Supported information stand
- PAPYRUS contact details distributed through Mind and their work in local schools

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provided information to 3 individuals needing support</td>
<td>Tameside</td>
<td>10/09/2016</td>
</tr>
<tr>
<td>Ran a stall at Tameside Suicide Prevention Event</td>
<td>Tameside</td>
<td></td>
</tr>
<tr>
<td>Supported information stand</td>
<td>Mahdlo Youth Zone</td>
<td>06/09/2016</td>
</tr>
<tr>
<td>PAPYRUS contact details distributed through Mind and their work in local schools</td>
<td>Tameside</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

### Joanne T
- Bramhall & Woodford Rotary Club Duck Race
- Resources in bookshop and GP surgery
- Promote PAPYRUS and Purple4PAPYRUS on PCFT social media

<table>
<thead>
<tr>
<th>Task</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bramhall &amp; Woodford Rotary Club Duck Race</td>
<td>15/05/2016</td>
</tr>
<tr>
<td>Resources in bookshop and GP surgery</td>
<td>05/2016</td>
</tr>
<tr>
<td>Promote PAPYRUS and Purple4PAPYRUS on PCFT social media</td>
<td>04/2016</td>
</tr>
</tbody>
</table>

### Mark A
- Created a session for a group of young people that involved researching PAPYRUS
- Handed out cards, leaflets and wrist bands to young people

<table>
<thead>
<tr>
<th>Task</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Created a session for a group of young people that involved researching PAPYRUS</td>
<td>07/2016</td>
</tr>
<tr>
<td>Handed out cards, leaflets and wrist bands to young people</td>
<td>07/2016</td>
</tr>
</tbody>
</table>

### Hannah H
- Organised raffle (all tickets, prizes etc. donated by a local pub, all money raised put towards the £10,000 target)
- Purple 4 PAPYRUS (participants wear purple & donate £1min #purplepics on social media, prize for best pictures).
- PAPYRUS Charity Fundraiser
- Climbing Kilimanjaro for PAPYRUS

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organised raffle (all tickets, prizes etc. donated by a local pub, all money raised put towards the £10,000 target)</td>
<td>Tameside and local hospitals</td>
<td>27/03/2016</td>
</tr>
<tr>
<td>Purple 4 PAPYRUS (participants wear purple &amp; donate £1min #purplepics on social media, prize for best pictures).</td>
<td>Black Dog Ballroom NWS, Manchester</td>
<td>29/04/2016</td>
</tr>
<tr>
<td>PAPYRUS Charity Fundraiser</td>
<td></td>
<td>08/07/2016</td>
</tr>
<tr>
<td>Climbing Kilimanjaro for PAPYRUS</td>
<td></td>
<td>21/10/2016</td>
</tr>
</tbody>
</table>

### Objective 3: To raise awareness of the problem of young suicide and to promote HOPELineUK (0800 068 41 41)

The project aimed to promote HOPELineUK across communities within Tameside and Stockport to create sustainable suicide prevention at all levels of the community. The greater the number of people that area aware of HOPELineUK the more able the community is to support any of its young people that may be experiencing thoughts of suicide.

As HOPELineUK is also accessed by anyone concerned about a young person who may be having thoughts of suicide, the more aware the community is of the resource, the more information is available to those that are supporting young people and the more able they are to help.

All of the promotional materials that were created throughout the recruitment phase included HOPELineUK contact information as it was recognised that this may have been the first time that those who were given the information would have heard of PAPYRUS. It was also recognised that the promotional posters and flyers would be sent to organisations that work mainly with young people so it
was probable that the information would be seen by someone who was experiencing thoughts of suicide. In this way we were both raising awareness of the service and reaching out to people who may have needed support.

Each of the young people that we met with throughout the recruitment phase of the project were given information about HOPELineUK and were given a card containing HOPELineUK contact details should they feel that they needed it. During the ASIST course the participants were informed of the support that was available to them both at the nation and local level. The information provided to the Youth Champions also included information about PAPYRUS and HOPELineUK. Support was also offered to the young people from the members of staff delivering the training should any of the young people need to talk. At least one of the members of staff had worked on HOPELineUK and was able to answer any of questions the young people had about the services.

Following the ASIST training, the young people were provided with toolkits containing PAPYRUS resources and literature to enable them to promote the service and complete their activities. Each was encouraged to think of activities that would raise awareness of the service and would be seen by young people at risk of suicide or anyone concerned about a young person.

KEY ACTIVITIES

<table>
<thead>
<tr>
<th>Task</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOPELineUK contact details included in recruitment materials</td>
<td>August 2015</td>
</tr>
<tr>
<td>PAPYRUS packs distributed to ASIST participants including HOPELineUK contact details</td>
<td>February 2016</td>
</tr>
<tr>
<td>Toolkits delivered to Youth Champions</td>
<td>February 2016</td>
</tr>
<tr>
<td>7 Information stands/stalls/sessions</td>
<td>March – September 2016</td>
</tr>
<tr>
<td>18 Resource-sharing activities</td>
<td>March – September 2016</td>
</tr>
<tr>
<td>5 Media or Social media activities</td>
<td>March – September 2016</td>
</tr>
<tr>
<td>5 Outdoor/Fundraising activities</td>
<td>March – September 2016</td>
</tr>
</tbody>
</table>

Case Studies

- **10/2015** – Stockport - email contact from person concerned about their mum and mum’s suicidal thoughts. Advice and Signposting information sent.
- **02/2016 – 08/2016** – Stockport, Email contact from Female aged 18 – 20yrs, feels suicidal regularly and had access to means and plans, has Autism and receiving treatment for Eating Disorder. Signposted to HOPELineUK by her GP. Client struggled to trust others and share thoughts of suicide, except for HOPELineUK and their GP. From being in contact with HOPELineUK client became more confident or more able to open up to their support at college and from Eating Disorder Service.
- **09/2016** – Stockport - Email contact from Male, 30s who is struggling with anxiety (not feeling suicidal), has been bereaved by suicide, wanted to know about local support, signposting information sent.
- **10/2016** – Stockport, 2 calls from same parent, concerned about child. Had lost nephew to suicide week before call. Child feels suicidal in relation to this bereavement as they were very close as cousins.
Conclusions

The project has been a fantastic success in reaching out to different communities across Tameside and Stockport. During the recruitment phase of the project a total of 182 organisations were contacted across the voluntary, public and private sectors as well as faith-based and community groups. 37 young people completed an application to enable us to recruit a full cohort of 15 Youth Champions. A further 10 applied after the closing date to register their interest in this project and any future work in the Tameside and Stockport area.

Following the ASIST training, all of the Youth Champions completed an evaluation form. Every one of the Youth Champions said that they felt confident they would help a person at risk of suicide, that they would ask directly if the person was experiencing suicidal thoughts and would deliver an intervention if needed. This is also evidenced by the fact that 4 of the Youth Champions have been involved in an intervention in their communities since the training.

5 of the Youth Champions work directly with young people in their professional roles, and so it is very likely that the suicide intervention skills they have acquired will prove invaluable. These roles include working with Mind, a child sexual exploitation team, social work, and paediatric nursing, and so the project has been able to provide suicide intervention skills to those who work with some of the most vulnerable members of the Tameside and Stockport communities. The project has also reached out to some of the youngest members of the community including a nine year old boy who approached a PAPYRUS stall at Mahdlo Youth Zone stating that he frequently had thoughts of suicide. This shows that awareness-raising among young people of this age group is just as relevant and impactful.

A total of 39 activities were completed across a number of different communities including Pennine Care NHS Foundation Trust itself. Hannah H, a governance administrator at the trust, engaged with the project to become a Youth Champion and as a result a number of activities were delivered with her colleagues. Dr Henry Ticehurst, Medical Director at Pennine Care NHS Foundation Trust, decided to swim Coniston Lake to raise money for PAPYRUS after having spoken at the launch and hearing about Hannah’s successes.

The project reached a number of other communities including schools, online communities, via social media, blogs, and through libraries and community centres. As two of the youth champions regularly attended church, we were also able to raise awareness among the faith community in Stockport.

Post-Event Opportunities

One of the suicide prevention activities was held at Stockport Job Centre which was greatly appreciated by the staff who felt that they did not have enough support to help people who disclosed thoughts of suicide during their appointments. We were able to share resources with staff and talk to them about the benefits of HOPELineUK which proved helpful. This does however suggest a strong need among staff for additional support to deal with people at risk of suicide given the frequency with which staff come into contact with people who express thoughts of suicide.

A team of school nurses approached PAPYRUS having been made aware of the Suicide Safer Communities Project. They were aware of the suicide of a young person in one of the schools they
worked in and were concerned for other young people at the school. We have agreed to deliver an awareness-raising session with the team although more support is needed to enable the nurses to respond to disclosures of suicidal thoughts.

PAPYRUS was invited to attend the Suicide and Self Harm Prevention Group meeting in Tameside in 22nd June. The meeting was attended by Suzanne Wilkinson, a social worker for the Criminal Justice Mental Health Team who expressed a need for resources and support for staff given the vulnerability of those who access the service. The meeting was also attended by Martin Barber at Greater Manchester Fire and Rescue Service who expressed a need for staff training but also discussed opportunities for awareness-raising sessions for the Tameside Princes Trust who are comprised mainly of young people identified as not in education, employment or training.

Recommendations

Given the level of interest in the project among young people in Tameside and Stockport it would be beneficial to run the project again. The project has also identified a need for support among those working as social workers, school nurses, employment advisors and within the child sexual exploitation team. Although the project has been able to reach out to practitioners in these roles, running the project again would enable us to build on this work.

One of the suicide prevention activities in particular worked with one of the youngest audiences PAPYRUS has worked with to date. The information stand at Mahdlo Youth Zone was really well received and highlighted the need for more suicide prevention work with this age group. Running the project again with a younger cohort may reach out to younger audience such as this.
Appendices

Mayor and Mayoress of Stockport

Hannah H Celebration lunch at Pennine Care NHS Foundation Trust
Charlotte H session at Werneth High School

Hannah H fundraising for Kilimanjaro

MT KILIMANJARO CHALLENGE

PAPYRUS is the national charity for the prevention of young suicide.

PAPYRUS operates HOPElineUK – 0800 068 41 41, which is a freephone national confidential helpline, providing practical advice, support and information to anyone at risk of suicide or concerned that someone they know is feeling suicidal.

FACTS:
- Every year, across the UK, more than 1,600 young people under the age of 35 take their own lives.
- Three quarters of them are boys or young men.
- In England and Wales alone around 24,000 attempted suicides are made by 10 to 19 year olds – one every 20 minutes.
- Research shows that with appropriate early intervention and support suicide by young people can be prevented.

Prevention of young suicide

www.papyrus-uk.org
Charity Registration No: 1070896
Kirsty B – Case Study of Suicide Intervention

“I attended the ASIST training in February 2016 and a short time after discussed my experience of the training with my sister. During our discussion, I detailed the suicide intervention model.

A few days later, I received a series of texts from my sister, detailing an intervention that she had carried out following our discussion. She had been walking home from work and noticed a man visibly distressed. On approach him, he was asking questions which were clear displays of suicidal behaviours (asking where the nearest high building was, talking about a last meal*).

Noticing these invitations, my sister put step two into action, asking him about whether he was thinking about suicide and offering to discuss this with him. On this occasion, the man did not want my sister’s help, so continued to walk, whereby she followed him from a safe distance and called the police.

She said, “I was obviously very shaken by what happened, but was so glad that I had spoken to my sister about the training a few days before. I don’t think I would have approached him had I not known what to say. In situations like this it can be easy to second guess yourself and then think - oh I will make it worse - but I knew what the right way to do this was thanks to the advice.”
Kirsty B raising awareness in Stockport

Mark A raising awareness with a youth group
Steve C Facebook Post

I'm flying the flag for Papyrus prevention of young suicide.

Today is World Mental Health Day. This year the focus is raising awareness, challenging stigma, and demanding that mental health first aid is a global priority on a par with physical first aid.

Latest statistics show that young suicide in the UK at its highest for the past 10 years. In 2015 1,669 young people under 35 years took their own lives. It's more vital than ever that we all raise awareness that there is help and hope for young people who are struggling.

Steve C – Manchester 10k
Laura S – Case study of intervention

Case study of using ASIST with a 17 year old girl

I went to meet with the young person at college, but she had not attended that day
I agreed to go to find her at home, following the admittance to hospital last week where she took an overdose.
I located J at her Auntie’s home.
J came out to speak to me in the car. J stated that she was feeling all over the place and couldn't face going in to college. She said her and her Mum had been arguing again this morning.
J spoke about the current issues in regards to debt and a potential groomer offering her money to pay off the debt.
J stated that she is feeling really low all the time. I explored the invitations with J and asked her if she wants to suicide. She said that if she could jump off a bridge she would but she doesn't have the guts to do it. I identified this statement as J’s turning point. We made a plan that will keep her safe. J stated that she would like help talking to her Mum to get her to understand that she needs to keep calm when talking to her because when she doesn’t it increases her anxieties. J decided she would write down how she is feeling and give it to her Mum to process in her own time. She agreed that she will go home this afternoon and write the letter and start some college work as she knew her Mum would be cross that she hasn't gone in to college. She also stated her Dad is collecting her later and taking her to her Grandmas. We discussed this will give her and her Mum some time and some time for her Mum to read the letter. I supplied J with a helpline number if she is feeling low later this evening.