ANNUAL REVIEW
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Front cover image taken from our #SpotTheSigns campaign. Huge thanks goes to TBWA\Manchester, The Mob Films and PAPYRUS communications team.
Get in touch

PAPYRUS Prevention of Young Suicide is the national charity dedicated to the prevention of young suicide in the UK. Registered Charity Number 1070896. A list of PAPYRUS Trustees is available on our website.

Patrons
David Heathcoat-Amory
Rt Hon David Hanson MP
Rt Hon Norman Lamb MP

Honorary Advisor
Professor David Gunnell – University of Bristol

HOPELINEUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide, or anyone concerned about a young person. For suicide prevention advice contact HOPELINEUK:
Call: 0800 068 41 41
Text: 07786 295 697
Email: pat@papyrus-uk.org
Opening hours: 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-10pm Bank Holidays.

Information contained in this Annual Review is intended for guidance only and is not a substitute for professional advice. No responsibility for loss occasioned as a result of any person acting or refraining from acting because of what is written in the Annual Review can be accepted by the publisher, authors or PAPYRUS Trustees.

Design sponsored by TBWA\Manchester

Head Office:
Lineva House
28 – 32 Milner Street
Warrington
Cheshire WA5 1AD
Tel: 01925 572 444

West Midlands Regional Office:
516-517 The Green House
The Custard Factory
Gibb Street
Birmingham B9 4DP
Tel: 0121 437 0411

London Regional Office:
30 Binney Street
Mayfair
London W1K 5BW
Tel: 0208 161 0223

www.papyrus-uk.org
Welcome to the PAPYRUS
Annual Review

I am delighted that PAPYRUS has had another good year. 2017-18 saw a huge increase in calls to our national helpline. Some of our key campaigns made the news and hopefully changed behaviours among those who saw them and engaged with them. I commend this review to you and hope that you will support us in the year ahead. Thank you for your commitment and to that of our trustees, staff team and volunteers across the UK. It is clearly making a huge difference.

Thank you.

STEPHEN HABGOOD
Chairman

Trustees

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has”
Margaret Mead
A review of the year 2017-18

A review of the year 2017-18 can only be cursory by its nature. The sum is always bigger than its parts. Whilst the year was characterised by national tragedies such as Grenfell and the Manchester Bombing as well as happier events, each of us will have personal memories. For some, a suicide will have been at the heart of their year. To those people, we extend our heartfelt sympathies and renewed commitment to work ever harder to prevent young suicide.

In this review, we have shared some insights and images of our year at PAPYRUS. Our charity has an incredibly imaginative and growing support-base. Sadly, this is often because of another tragedy, another young person lost to suicide. Each loss, each preventable death, spurs us on to work harder to prevent future deaths. The creative energy and passion of so many means that PAPYRUS is growing and its influence can be all the greater.

Our board of trustees has continued to ensure that PAPYRUS is driven and informed by lived experience, be that of a young person with thoughts of suicide, a caregiver or someone who lost a young person to suicide. The trustees’ guidance is invaluable and I want to thank them for all they do. This year, we strengthened our leadership team and I am grateful to our Heads of Service too for their work to ensure the sustainability and growth of PAPYRUS.

We adopted a simplified yet still challenging strategy for 2018: PAPYRUS aims to prevent young suicide through three main objectives - SUPPORTING, EQUIPPING and INFLUENCING. These three capture all our work, whether it is at national level, at the grassroots in a local community or with an individual giving suicide prevention advice.

Our helpline services have never been as busy, HOPELINEUK has continued to meet unprecedented demand. We have learned much from those who contact us and this helps us in our work to influence policy and develop our other services and work-streams.

2018 saw us adopt a key campaign focusing on the awful reality that over 200 children die each year in the UK by suicide. Using the hashtag “Save the #ClassOf2018” and some hard-hitting imagery, we have provided a unique contribution to suicide prevention by raising awareness that school-aged children are more likely to die by suicide than any other single cause of death. Moreover, we have been able to equip schools and colleges with a unique resource, “Building Suicide-Safer Schools and Colleges: A Guide for Teachers and Staff.” This has been well received wherever we have been able to promote it.

We have contributed to a series of inquiries and consultations this year, notably the Welsh Government’s Suicide Prevention Inquiry and the consultation on HM Government’s green paper on children and young people’s mental health. In March 2017, following its Suicide Prevention Inquiry, the then Health Committee of the House of Commons enshrined several of our campaigns in its recommendations. For example, the Committee recommended “that the standard of proof for conclusions of death by suicide should be changed to the balance of probabilities rather than beyond reasonable doubt.” This is an issue PAPYRUS has pressed for since 2012 and which now has the support of a significant number of organisations across the mental health and suicide prevention field. Unfortunately, HM Government is “still considering” the Committee’s recommendation over a year on.

We are all hugely indebted to those who support us for what we do in your name: to all who fund us, volunteer for us, work with us, and promote us, thank you. In our twenty-first year, we have worked hard to sustain our work in suicide prevention. In 2018-19 we will explore further regional bases and enable others to roll out our training to more and more people who can help us reach a greater number of local communities across the UK.

Together, we want to support, equip and influence others to help save young lives. We’re grateful for any help you can give.

GED FLYNN
Chief Executive
Who WE Are

PAPYRUS is the national charity dedicated to the prevention of young suicide.

What We Know:
Suicide is the biggest killer of young people – male and female – under 35 in the UK. Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.
Our Vision
Our vision is for a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

Our Mission
We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

We believe that no young person should have to struggle alone with thoughts of suicide. Because of this we work hard to Support, Equip and Influence people and communities across the UK.
WORKFORCE GROWTH
TO MEET THE GROWING DEMAND ON SUICIDE PREVENTION SERVICES, THE PAPYRUS WORKFORCE HAS GROWN BY 37%.

OPENING OF LONDON OFFICE
OUR NEW PREMISES IN LONDON HAS ALLOWED US TO SUPPORT PEOPLE ACROSS THE 33 LONDON BOROUGHS WORKING CLOSELY WITH LOCAL AUTHORITIES, SCHOOLS, COLLEGES AND UNIVERSITIES AS WELL AS DELIVERING AWARENESS RAISING SESSIONS AND SUICIDE PREVENTION TRAINING TO MANY MORE COMMUNITIES.

“EXCELLENT TRAINING HELPED ME TO FEEL MORE CONFIDENT IN HELPING OTHERS WITH SUICIDAL THOUGHTS.”

“THE WORKSHOP WAS INTERESTING, ENGAGING, ENLIGHTENING AND HAS PROVIDED ME WITH THE TOOLS AND CONFIDENCE TO DEAL WITH THIS SITUATION.”

INCREASED COVERAGE ON LOCAL, REGIONAL AND NATIONAL PRESS AND TELEVISION

NORTH WEST BOROUGHS
23
WEST MIDLANDS BOROUGHS
14
LONDON BOROUGHS
33
COVERAGE ON LOCAL, REGIONAL AND NATIONAL PRESS AND TELEVISION INCREASED
You’ve helped US to grow

AWARENESS SESSIONS
Delivered training and awareness sessions to nearly 10,000 people

293 VOLUNTEERS
Have shared suicide prevention information and advice to their communities raising awareness to over 78,000 members of the public

CARE GIVERS TRAINED IN APPLIED SUICIDE INTERVENTION SKILLS TRAINING

147% INCREASE (on previous year)

“EXCELLENT COURSE. POWERFUL AND INSPIRING.”

“VERY IMPORTANT TRAINING, DELIVERED WELL AND SENSITIVELY.”
Our helpline, HOPELINEUK has seen its busiest year to date with contacts increasing significantly month on month. The unprecedented demand on our service reflects the work of our supporters, growing campaign work and the reach of our many valued volunteers.

Every day HOPELINEUK provides hope to young people who are struggling with thoughts of suicide. The care, compassion and dedication of our advisers helps to provide a safe space to talk through their thoughts of suicide and explore ways to connect with life.
If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice.

**HOPELINEUK**

Call: 0800 068 4141  
Text: 0778 620 9697  
Email: pat@papyrus-uk.org

Opening hours:  
10am - 10pm weekdays  
2pm - 10pm weekends  
2pm - 10pm Bank Holidays  
www.papyrus-uk.org

Our Suicide Prevention Advisers are ready to support you

**Head Office** - PAPYRUS Prevention of Young Suicide  
Lineva House, 28-32 Milner Street, Warrington, WA5 1AD  
email: admin@papyrus-uk.org  
Tel: 01925 572 444

**West Midlands** - 516-517 The Green House,  
The Custard Factory, Gibb Street, Birmingham, B9 4DP  
email: westmidlands@papyrus-uk.org  
Tel: 0121 437 0411

**London** - 30 Binney Street, London, W1K 5BW  
email: london@papyrus-uk.org  
Tel: 0208 161 0223

Without your support we cannot run HOPELINEUK. Read on to find out how you have helped to save young lives through fundraising.
You’ve helped US to raise vital funds

At PAPYRUS we are always aware that our success, indeed our very existence, is due to the generosity of bereaved families who fundraise or donate to PAPYRUS in memory of their loved ones.

2017/18 was the most successful year in PAPYRUS’ history both in terms of numbers of fundraising volunteers, the number of fundraising events taking place and by the amount of money raised.
HOPEWALK 2017 saw a record number of people taking part with nearly 500 walkers raising over £23,000 for PAPYRUS.

15,531 DONATIONS WERE RECEIVED THROUGH ONLINE GIVING PLATFORMS TOTALLING OVER £570,000

RAISE YOUR HANDS GENEROUSLY SUPPORTED US WITH A DONATION OF £19,000

See pages 26-29 for more of your fundraising photographs.
9 organisations chose PAPYRUS as their Charity of the Year
You’ve helped us to spread the word

Influencing the national discussion around suicide prevention is a key part of what we do. Through a number of creative and hard-hitting campaigns launched this year, we are leading the way by encouraging everyone to talk openly about young suicide.

Save the Class
Over 200 school children die each year by suicide. This shocking statistic became the catalyst for our Save the Class campaign which aims to raise awareness of suicide in children and equip our schools and colleges with the tools they need to create suicide safer environments.

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<th>Shares</th>
<th>Impressions</th>
<th>Engagement</th>
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<tr>
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Spot the Signs
Talking about suicide is hard and we cannot be certain that someone is thinking about suicide without asking them directly. Our Spot the Signs campaign highlights how there are often ‘signs’ that we can look out for which indicate that someone could be considering ending their life and explains how you can start that difficult conversation.

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<th>Social Media</th>
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<th>Impressions</th>
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<td>38,710</td>
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<td>Twitter</td>
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By sharing our campaigns you are raising awareness of suicide prevention and helping to save young lives.
We would like to say a huge thank you to our friends over at TBWA\Manchester, The Mob Films and Chief who are so passionate about suicide prevention and work hard to create campaigns that raise awareness and start the conversation.

The importance of our friendship and vital campaign work with TBWA\Manchester was reinforced by the agency’s success at the 2018 Roses Creative Awards. TBWA\Manchester won awards for many campaigns including

Save the #ClassOf2018, #SpottheSigns, #NoSilencePlease and #BedtimeStories

“This is an issue we feel passionate about. Too many young lives are lost because of silence and we want to get people talking”

Fergus McCallum, CEO at TBWA\Manchester

Bedtime Stories
As part of Safer Internet Day we wanted to raise awareness of how online bullying can contribute to thoughts of suicide amongst children and young people. Bedtime Stories was an international hit with coverage as far as France, Belgium and Italy.

Bedtime Stories
CHARITY ADVERT
ART DIRECTION
COPY WRITING
6.4 OR SMALLER SHEET POSTER
AMBIENT MEDIA/STUNTS
LOW BUDGET
CHARITY ADVERT

Exam Questions
ONLINE VIDEO
OUTDOOR CAMPAIGN
AMBIENT MEDIA/STUNTS

Dead Boy
6,4 OR SMALLER SHEET POSTER
AMBIENT MEDIA/STUNTS
LOW BUDGET
CHARITY ADVERT

No Silence Please
AMBIENT MEDIA/STUNTS
LOW BUDGET
CHARITY ADVERT

Spot the Signs
ONLINE ADVERT

Grand Prix for PAPYRUS
BEDTIME STORIES & EXAM QUESTIONS
Your stories make US who we are

Kit is 42. She lives in Hertfordshire with her partner David, his children, Connor (24) and Claudia (22), and their cat Abigail. The family lost David’s son Joel to suicide in 2017. Kit is currently taking on a ‘One Year, No Booze’ challenge to raise money for PAPYRUS and blogs about her journey through a booze-free year, as well as the family’s journey through grief as they face life without Joel.

It was lunchtime on Friday 9th June 2017. David and I were both working from home when two police officers knocked on our door and delivered the news that no parent should ever have to hear. My stepson, Joel, had been found dead and they weren’t looking for anyone else in connection with his death. It was his 20th birthday.

I didn’t know how I would react once the utterly overwhelming shock wore off. I didn’t know how to look after David, who was screaming and punching the walls. And I didn’t know what lay ahead: Connor and Claudia’s grief at losing their little brother; funeral planning; choosing a coffin; talking to the police; vicars and chaplains sitting in my living room offering prayers; countless visitors; flowers; cards…

And an inquest. I had no idea there would need to be an inquest. Joel took his life; we were in no doubt. But any unnatural death in the UK has to be reported to the coroner and so this new, unfamiliar and unpleasant journey began.

We were told by the coroner’s office that an inquest is usually held within six months of death, so we had December in our minds. We made statements and we asked questions: Yes, the inquest is held in a public court; Yes, the press can attend and report on whatever they hear; Yes, you can see all the evidence beforehand; No, you don’t have to attend; Yes, the coroner will determine what Joel’s death will be ruled as.

JOEL TOOK HIS LIFE, SO IT’LL BE RULED AS SUICIDE WON’T IT?
NOT NECESSARILY.
Wait, what will it be ruled as? Joel took his life, so it’ll be ruled as suicide won’t it? Not necessarily. Because coroners have to apply the criminal standard of proof - ‘beyond reasonable doubt’ - when determining the cause of death in suicide, many suicides are recorded as undetermined. Suicide is already the leading cause of death among young people even though the use of the criminal standard obscures the true scale of suicide. Can you imagine the statistics if this was different?

As I write this, it’s now May – eleven months since Joel died – and we don’t have a date for his inquest. The latest we’ve been told is that the coroner has retired and her replacement has started looking at the backlog of cases. So we’re possibly looking at an inquest date that will coincide with what would have been Joel’s 21st birthday and what is also the first anniversary of his death.

Becoming ever more frustrated with the lack of information, I contacted PAPYRUS and received a call from Chief Executive, Ged Flynn. He was very supportive and sympathetic but also explained that this sort of delay is, sadly, very common. Coroner services have had their budgets severely cut in recent years, along with so many other public services, and they do the best they can with the limited resources they have. He also told me of families who have only found out about their loved one’s inquest date by finding it on the coroner’s website, which is unforgivable.

And so, we wait.

Campaign to change the law

Sadly Kit’s story is not unfamiliar as we hear from many bereaved families who have struggled with the inquest process.

Suicide was decriminalised in 1961 – yet the Criminal Standard of Proof, ‘beyond reasonable doubt’, is still required in reaching a conclusion of suicide. PAPYRUS believes that this perpetuates the stigma around suicide and obscures the true scale of suicide.

We are leading the campaign to change the law so that the Civil Standard of Proof, the ‘balance of probability’, is required instead, pressing for change to the Coroners and Justice Act 2009.

An Early Day Motion on Suicide and the Criminal Standard of Proof has been tabled in Parliament by one of our Patrons, Norman Lamb MP, to support a change to the law.

Disappointingly we are unable to report any further updates as we are waiting to hear HM Government’s response to the recommendations of the House of Commons Health Committee.

And so, we wait.
Your stories make US who we are

Kev Curran co-produced a music video project with Kritikal Powers and Golden Firs. The song, ‘Paper Wings’, was released in aid of PAPYRUS Prevention of Young Suicide. Kev lost his brother, Declan, to suicide when they were teenagers.

He was a delightful presence, kind-hearted and gentle, the first to volunteer to help anyone with anything. He was cheeky, sensitive and loving, full of zest for life. He had a sweet smile, light mousy brown hair and an angelic face, the kind you never forget. Everyone loved Declan. He was one of 9 children. Sadly we faced traumatic experiences growing up and during this time we were not able to talk about the experiences that were troubling us. This created a chaos inside of us and Declan just didn’t cope. He started to run away from home, board trains, go missing, truant from school. One day I woke up in horror to the sound of mum screaming. Declan had taken his own life in the family home. He was just 13 and I was 15 at the time. We knew he was hurting and that he was struggling but we did not realise he was thinking about suicide. A huge piece of me died inside when he left the world. It was earth shattering - your life literally becomes shards, you cry and weep and nothing at all in the world can fill the void you feel inside.

I remember his funeral, people pouring out of the church doors, such was the impact. It affected a lot of people. If only he could have seen all the love people had for him. You learn to live with it but you never really heal, it never goes away. You miss them and wish there could’ve been a way to prevent it. I tell Declan’s story to inspire people because it highlights the importance of talking about suicide, because people die when they are left in the silence. Suicide is preventable and it starts with talking about it openly. Declan’s death became my inspiration to make a difference and it led me to become a filmmaker and storyteller. Last year I co-produced a music video project with Hip-Hop and Grime artist Kritikal Powers and Singer Songwriter Golden Firs, to raise awareness about suicide prevention, highlighting the vital work of PAPYRUS. We believe art-forms can be used as a positive vehicle to inspire social change, spark debate, challenge stigma and raise awareness. It’s time society was more open and empathic about mental health, encouraging people to reach out. Together we can prevent suicide and save lives.

PAPYRUS was started by a group of parents who had sadly each lost a child to suicide. Like Kev, many siblings are also struggling with the loss of their loved one and the stories and experiences of those bereaved will always be at the centre of the work we do.
Your stories make **US** who we are

*Lauren Ball is a PAPYRUS volunteer who has used HOPELINEUK for support and advice in the past. Lauren begins a Mental Health Nursing degree at King’s College in 2018.*

Over the past 10 years, since being 13, I have struggled with thoughts of suicide, leading me to take actions to end my life many times. When things were not good in life, I thought the only way of dealing with it was by suicide. I believed I would be better off not being here anymore and that my family would be better off without me. I couldn’t cope with all the negative feelings, I had no hope and I had no idea that I would learn how to deal with my emotions and thoughts in the future.

When I was 13 and 15, I took steps to end my life. When I was 18 my suicidal thoughts worsened. In February 2014 I had to receive treatment from intensive care and was later transferred to a psychiatric hospital. Following my discharge, I received Dialectical Behaviour Therapy, which in turn helped me to deal with my emotional distress and suicidal thoughts.

In 2015, I discovered PAPYRUS after meeting a girl who was volunteering for the charity in my community. I really wish I had known PAPYRUS was there for support because they could have helped me a lot in previous years. I have always felt motivated to help others. I knew I also wanted to volunteer for PAPYRUS. They believed what I also believed – that young suicide can be prevented. I was able to meet up with PAPYRUS and have worked with them since, doing various things such as helping office staff, training in ASIST, fielding media coverage and representing PAPYRUS at many events. I do still struggle with suicidal thoughts nearly every day, but I know PAPYRUS HOPELINEUK is there for me. I will speak up and text them when things are unmanageable for me, and they are able to ground me and reassure me about the importance of life.

I am now living a life knowing I don’t have to act on my thoughts. I can live a life worth living while still experiencing suicidal thoughts. The thoughts will probably always be a part of me, but I have hope – which is something I hold onto every day. I am starting to live my dreams and in September I will be starting a Mental Health Nursing degree in King’s College London. I am so grateful for this opportunity and I’ve worked so hard for it. Things are much better than before as I am able to deal with situations without hurting myself or trying to end my life. I am really grateful and extremely proud of being a PAPYRUS volunteer.

**HOPELINEUK** provides hope to many young people struggling with thoughts of suicide, just like Lauren. If you are struggling or are worried about a young person who may be considering ending their life, you can contact **HOPELINEUK** for confidential support and practical advice.

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Call: 0800 068 4141
Text: 07786 209 697
Email: pat@papyrus-uk.org

Opening hours:
10am - 10pm weekdays
2pm - 10pm weekends
2pm - 10pm Bank Holidays
PAPYRUS has been campaigning for greater information sharing in the context of suicide prevention. In January 2018 we wrote to NHS Trusts across England and asked them to support our initiative.

Often it is only after the death of a young person by suicide that parents and loved ones hear about any previous self-injuring or suicide behaviours. In some cases, we discover after a death by suicide, a young patient had given explicit permission for a professional to share information with a parent or a family member and this has not been acted upon.

Information sharing is an important issue for medical and healthcare professionals to get right. The Health and Social (Safety and Quality) Act 2015 sets a duty for information to be shared where it facilitates care for an individual and it is legal to do so. Moreover, in terms of working with children, the General Medical Council guidance is very clear:

“If you judge that disclosure is justified, you should disclose the information promptly to an appropriate person or authority and record your discussions and reasons. If you judge that disclosure is not justified, you should record your reasons for not disclosing.”

As a national charity, whose members are parents, siblings and friends who have lost children and young people to suicide, far too many to number, over the last twenty years, PAPYRUS are urging NHS Trusts to support their staff with information sharing. We believe that a letter from an NHS Chief Executive to their staff will enable many to make better judgements, without prejudice or fear of litigation, and based on the best interest of the patient.
I want to say to all of you that I would rather support you for saving a person’s life by potentially breaching their confidentiality than have to explain why we held on to information that could have made a difference.

Letter to staff from Samantha Allen, Chief Executive of Sussex Partnership NHS Trust

All too often clinicians may not involve families as partners in care or share appropriate information with families in order to help support their loved one. This is sometimes owing to what they believe to be ‘confidentiality’ concerns.

Following deaths by suicide, tragically we can become aware that information hasn’t been shared which may have helped keep someone safe.

In 2gether NHSFT, following advice and campaigning from PAPYRUS, we have supported our clinicians to share information to help prevent suicide. The CEO has written to all our staff encouraging them to work with families and share relevant information. Suicide is the biggest killer of young people and we must do more within mental health services to ensure we reach out to both users of our service and their families to really make a difference and save lives.

Marie Crofts, Director of Nursing, 2gether NHS Foundation Trust

PAPYRUS is represented on a number of boards and initiatives to influence policy including:

- HM Government National Suicide Prevention Strategy Advisory Group
- Welsh Government National Advisory Group on Suicide Prevention and Self-Harm Reduction
- National Police Chiefs Council’s Suicide Prevention Working Group
- Making Families Count
- National Suicide Prevention Alliance Steering Group
- Expert Reference Groups on Suicide Prevention Competencies

We are also involved in a number of suicide prevention planning groups at local authority and regional level.
You’ve helped US to equip communities

At PAPYRUS we welcome a greater awareness around suicide prevention and mental health issues in our society. We believe suicide is everybody’s business and by educating and supporting communities we can build a suicide safer society.

Working with local authorities

PAPYRUS Prevention of Young Suicide has been given a major cash injection to educate residents and professionals across Wigan Borough.

PAPYRUS has been awarded almost £132,000 from Wigan Council’s latest round of Deal for Communities Investment Fund to launch ‘Suicide Safer Wigan’, a three year programme to train local people and organisations in suicide first aid and prevention.

The programme aims to provide the area with skills to keep young people in the community safe from the risk of suicide and eradicate the stigma associated with mental health to allow residents to live well – another of the council’s top priorities.

Donna Hall, chief executive of Wigan Council said: “We are privileged to support this incredibly important project, which we are confident will have a profound effect on our community.

“Mental health awareness is something we’re passionate about in Wigan Borough, even launching our own campaign last year, #TogetherWeCan, to tackle stigma and signpost to local support services.

“Suicide Safer Wigan is a great example of what The Deal for Communities Investment Fund can be used for and we look forward to watching the programme develop over the next three years.”

As part of the programme, PAPYRUS will deliver workshops called ‘Let’s Talk About Suicide’ to a wide range of organisations from the public, private and third sector.

We will also run two-day skills building workshop aimed at local people to provide suicide first aid intervention, which can be used within the community if needed.

And, adding to our offer, PAPYRUS will establish ‘Community Volunteers’ who will design, coordinate and deliver suicide prevention activities in chosen wards to create a network of individuals with the ability to identify those at risk and provide ‘safety-for-now’ care before signposting to fully qualified support.
Working with schools

In September 2017, on World Suicide Prevention Day, we launched a campaign to Save the Class of 2018 (see page 16 to find out more). Since then we have worked closely with many schools to deliver suicide awareness training to teachers and staff with the aim of creating suicide safer schools and colleges. PAPYRUS believes that suicide prevention needs a whole school approach and that we all have a role to play in supporting our children and young people. We have some exciting plans for 2018/19 that will see our work with schools and colleges increase significantly. Watch this space.

Bromley Beacon Academy

“We discovered PAPYRUS through their excellent online resources which helped us to create a suicide prevention policy. Despite having conversations about Mental Health First Aid, many of our staff felt unsure and lacked confidence about discussing suicide with the young people we work with. We organised full staff training at 4 of our Pupil Referral Units and Social Emotional Mental Health alternative provisions. The feedback from staff was excellent. We then went on to have an advanced training session with key individuals (therapists, safeguarding and family officers) from across our four sites. The training and Save the #ClassOf2018 campaign has given us assuredness in our work and helped us change policy to reflect good practice when working with suicide. This campaign has enabled all staff to be better versed and comfortable with their own skills and we envisage continuing our partnership and future campaigns with PAPYRUS to best support the community we work with.”

Larissa Sherman

Head of Therapy, Bromley Beacon Academy & Bromley Trust Academy

To find out more about what training we can offer your school, college, workplace or community please contact training@papyrus-uk.org

Working across communities

We have developed an enhanced programme of training which will allow us to equip people with the skills they need to create suicide safer communities. Our programme of training is delivered by suicide prevention specialists and includes

**APPLIED SUICIDE INTERVENTION SKILLS TRAINING**

- **2 DAYS**
  - Heads of Well Being/Safeguarding
  - Anyone willing or likely to deal with a suicidal person.

- **3 HOURS**
  - Identifying and talking about suicide

- **90 MINS**
  - Awareness raising

Appointments are also available for anyone over 15.

Thank you to all our volunteers who work so hard in helping to share the message that young suicide can be prevented and who help raise awareness throughout their local communities and workplaces. We have developed a more formal programme for those who might want to be a little more closely involved and to represent PAPYRUS in other areas and activities.

To find out more about becoming a PAPYRUS Ambassador or PAPYRUS Champion please email volunteer@papyrus-uk.org
You’ve helped US make a difference

1. Emily Mckeown, Brighton Marathon
2. Kim Kessell, Charity head shave
3. Lynne Thornton and her husband, Yorkshire Three Peaks
4. Courtney Pettifor, London Marathon 2018
5. Lou Carden, Charity run
6. James Layton, Manchester Marathon
7. Martin Lawford, Go karting
8. Carlo Matarazzo, London to Paris cycle
10. Guido Hakkenburg, NightRider London
11. Lisa Bean, Cycle
12. Richard Chavasse and Neil Thompson, NightRider London
13. Anna P, Bungee jump
14. Baz, Rowing challenge
15. Casey O’Neil, Charity fun day
16. Gurj Dhami, Sky dive
17. Jason Blake, Charity ball
18. Kristoffer Peace, Bungee jump
19. Sue Knowles, Peter’s Golf day
20. Charlotte Lomas, Head shave
21. Beckheath Thornton Fundraiser
22. John Delaney, Boxing
23. Alexus Savage Silverstone, Half marathon
24. Chris McNally, Ramathon
You’ve helped US make a difference

25. Pask family, Edinburgh Marathon
26. Iona Fraser-Hopewell, Edinburgh Marathon
27. Eleanor Frew and Joanne, Isle of White Ultra Marathon
28. Hector Murray and Friends, Great South Run
29. Jack Newall, Ramathon
30. Joanne Harbottle, Colour Run
31. Kelly Gates, Shakespeare Marathon
32. Kitty Davies, Manchester Half Marathon
33. Laura Millard, London Marathon 2017
34. Scott Watson, London Marathon 2017
35. Sam Thurgood Smith, Run
36. Janine Ward, Run
37. Jade Holland and Friends, Tough Mudder
38. Three Peaks
39. Gurji Dhami and Friends, Snowdon Climb
40. Manny Bashah, Pendle Hill Climb (S&A Photography)
41. Show Business Interior, Walk and Trek
42. Team Longleat
43. Hannah Kirby, Great Wall of China
44. Michelle Flint and Team, Halifax Long March
45. Rebecca Collinson and Jess Geary, Kilimanjaro Climb
46. Roxy and Sam, Ultra Challenge
“Due to the high volume of photographs we receive every year we are unable to feature every single one however, we are truly thankful to everyone who has fundraised for PAPYRUS and helped to save young lives”
You’ve enabled US to be sustainable

This has been another year of strong financial performance which has left us in a great position to consolidate what we do well and to grow organically by expanding both geographically and in our existing regions. Turnover increased by over 30% on which we achieved an overall surplus of £80,000. Fundraising and Donations continue to be the mainstay of our income (over 70%), and we have created a strong base for growing both grant and training income going forward.

The full Annual Report and Accounts for the charity are available on the Charities Commission Website.
Notes:
If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice.

**Head Office** - PAPYRUS Prevention of Young Suicide
Lineva House, 28-32 Milner Street, Warrington, WA5 1AD
email: admin@papyrus-uk.org
Tel: 01925 572 444

**West Midlands** - 516-517 The Green House,
The Custard Factory, Gibb Street, Birmingham, B9 4DP
email: westmidlands@papyrus-uk.org
Tel: 0121 437 0411

**London** - 30 Binney Street, London, W1K 5BW
email: london@papyrus-uk.org
Tel: 0208 161 0223

Thank you to everyone who has helped to give hope and save a young life