Introduction

Thank you for taking the time to enquire about becoming a PAPYRUS Volunteer. The work that we do in raising awareness around young suicide wouldn’t be possible without the support of our many volunteers. Up and down the country, our volunteers help us to reach out to and engage with a variety of people within different communities.

By becoming a PAPYRUS volunteer you will work with us to create a society where we talk openly about suicide in a bid to reduce stigma and save young lives. Volunteering with PAPYRUS can involve lots of different activities. This pack aims to give you some information about what volunteering opportunities are available, what experience you will gain from becoming a PAPYRUS volunteer and how we will support you on this journey.

Volunteering with PAPYRUS provides a unique opportunity to make a real difference to the lives of young people across the UK who are struggling with thoughts of suicide.

Should you have any questions about what you have read within this Information Pack please refer to the contact details below.

Thanks again
Who is PAPYRUS?

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

Prevention
Many young suicides are preventable

Passion
Those who are touched personally by a young suicide have a unique contribution to make to our work.

Hope
No young person should have to suffer along with thoughts or feelings of hopelessness and nobody would have to go through the heartbreak of losing a young person to suicide.

Learning
There are always lessons to be learned from listening to young people at risk of suicide, those who give them support and those who have lost a young person to suicide.
How can I help?

PAPYRUS believes that young suicide is preventable and that many young lives can be saved by building suicide-safer communities across the UK. By equipping people with the tools and skills needed to identify and respond to a young person at risk we can all have a part to play in breaking down the stigma around suicide.

We need passionate and committed volunteers to help us do this. Here are some ways in which you can increase awareness in your local community and help us to save more young lives.

Awareness Raising

Awareness raising is an important and helpful way to inform people in your local community about PAPYRUS and suicide prevention. It is a particularly good way to get involved if you prefer a more flexible role that fits around your other commitments. Activities could include following and promoting PAPYRUS on social media to raise awareness of our services within your own online networks. This might also include putting up posters in your local GP surgery or simply wearing a PAPYRUS t-shirt to the gym. You know your networks best and can help us to spread our message further.

Office Based

As an Office Volunteer you can provide regular support in one of the PAPYRUS offices. If you are looking for some experience working in the voluntary and community sector, thinking of gaining some new skills, or just want to get involved in the work that we do, this could be a great opportunity for you to consider.

Champions

Champions are volunteers who help PAPYRUS raise awareness of suicide prevention by delivering a 30 minute presentation within their local community. Our Champions also help out at events such as PRIDE, mental health market places, and occasionally come with us to conferences. If you like meeting new people and speaking publically about our cause then this opportunity could be for you.
Spotlight Volunteers

PAPYRUS believes it is important to talk openly about suicide and lived experience is at the heart of everything that we do. Many of our volunteers choose to share their own personal experiences, whether this be their own struggles with thoughts of suicide, the loss of a loved one to suicide or experience of supporting a person at risk.

We regularly update our website with stories from our many volunteers and supporters who share their stories as a way of raising awareness and offering hope to others.

India Burton - PAPYRUS Champion

'Many of those closest to me, including myself, have battled in the grips of mental illness, and the effects of suicide on my life have been devastating and life-changing. I hope that through volunteering with PAPYRUS I can help to prevent other families having to go through this. No one should feel that suicide is an option.'

Imran Lakhi - PAPYRUS Champion

'As a father of two amazing young girls, life really is the most precious thing in the world. Working with PAPYRUS gives me the chance to help others stay safe from suicide'
What Next?

You have made an enquiry about volunteering with PAPYRUS and have received this Information Pack which outlines the range of opportunities available. If you have any questions around which the opportunities available and wish to discuss further please get in touch with us by emailing volunteering@papyrus-uk.org

You may also find an answer to your question in our Frequently Ask Questions document within this pack.

I want to volunteer

Now you have learned more about PAPYRUS and the opportunities available you can formally express an interest to become a volunteer. Complete the Expression of Interest form included within this Information Pack and return it to us electronically or by post.

You will then be invited to meet with a member of the PAPYRUS team to further discuss the opportunities available and which best suits you.

Once a volunteer opportunity has been agreed you will receive a Welcome Pack which sets out the next steps. This will include arranging for you to attend a training session and understanding what support you will receive from PAPYRUS. With some opportunities it may be necessary for us to collect references and obtain a DBS check.