



## Having their say – p10.



– Cork Street corker supports PAPYRUS – p7.



## Depressing blow...

Major drug companies may drop research – p4.

**Contact details**

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For support, practical advice and information concerning suicide prevention call the PAPYRUS helpline:

**HOPELineUK**  
**0800 068 41 41**

**Patrons:**  
Rt Hon David Hanson MP,  
Rt Hon David Heathcoat-Amory,  
Simon Hughes MP.  
**Honorary Advisor:**  
Professor Mark Williams – University of Oxford.

This **newsletter** is available online at [www.papyrus-uk.org/NL/45](http://www.papyrus-uk.org/NL/45) Back copies of previous newsletters are also on the website.

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**DiaryDATE**

**PAPYRUS Members Conference and AGM**  
1st October 2011 – 10 am to 4 pm.

The National Centre for Early Music  
St. Margaret's Church, Walmgate, York,  
North Yorkshire YO1 9TL.

**We are looking forward to welcoming you.**



**CEO Report**

**Dear Members and Friends**

**This edition of our newsletter comes to you after a busy period of change in the charity. The decision to move our head office to Cheshire was a significant one. Inevitably, a period of change can be challenging but can bring exciting new opportunities too.**

Therefore, I am delighted to be able to welcome and introduce to you the new team now in place at our Warrington office. We feel that the mix of skills we now have gives PAPYRUS every chance to develop further its aims as a charity. You can read about our new staff in this edition of the newsletter.

This has been a period of strengthening for PAPYRUS. We are looking ahead positively and with new energy. We are increasing our membership because we are very clear about the position that family, friends, professionals, agencies and those who really know a young person can play in preventing his or her suicide. We want more and more people to know about this and play their part. Thus, we are strengthening our position as the UK

leader in young suicide prevention. Collaborating positively with those who share our aims can, we believe, make a real difference to children and young adults who are suicidal or at risk, as well as supporting and enabling those around them, concerned about their emotional health and mental wellbeing.

We have been keen to know what it is that they can contribute to suicide prevention as well as aid our efforts to promote their mental health. Our discussions have been enlightening and invaluable to our future messages and suicide prevention programmes. You'll find more about these discussions in the article 'Listening and Learning' on page ??

Right now we are finalising plans for our AGM and Conference in York on Saturday, 1 October, when I am really looking forward to meeting with many of you. For those who can, there is the opportunity to gather the evening before to connect or reconnect with others who are part of the PAPYRUS family. I think it is important that we support each other and find new ways of moving forward in our mission, to reduce young

people's suicide in the UK. The event will give you an opportunity to meet with the Trustees and staff team, to listen to and learn from each other as well as to be inspired or challenged by our speakers.

May I, once again, take this opportunity to thank those who enable our work to continue. I think especially of everyone who has been able to transform personal tragedies into something which contributes to our common prevention agenda. The road ahead is long but there is a lot of energy amongst us to tackle the journey together!

Best wishes

**Ged Flynn**  
Chief Executive Officer

**Chairman's message**

**Dear Members and Friends**

One of our aspirations at PAPYRUS is to increase our membership. The charity already enjoys a rich and diverse support base, covering much of the UK. Many of our members have been touched by suicide, through the loss of a son or daughter, partner or friend, or have experienced a family member or friend being suicidal.

By joining PAPYRUS, new members add strength to our shared desire to reduce young suicides in the UK. Often there is strength in numbers. Further, the support that members can offer is significant. Our own experience of supporting each other,

our family and our friends must always be part of our efforts to prevent young people's deaths by suicide.

We will be improving the ways in which members can engage with the charity in the months ahead. Many of you, like me, will have joined because you want to prevent another young person taking their own life. We need to explore how we can all contribute to that objective. We will also be piloting a discreet members' area on the PAPYRUS website in due course.

If you know of anyone who would like to join the charity as a member, please put them in touch with our office on 01925 572 444 or by email at [admin@papyrus-uk.org](mailto:admin@papyrus-uk.org) In addition, I am available to speak on the telephone to a parent or partner who has lost someone to suicide.

The more we can make contact through e-mail the better. Please ensure that your e-mail address is known at PAPYRUS head office. That way we can improve our contact with you and seek your views on issues upon which we have been asked to give an opinion.

Kind regards  
**Stephen Habgood**  
Chairman

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**Introducing ...**

**New members of the PAPYRUS team**

**Kathleen Alman**  
– Suicide Prevention Coordinator



Kathleen's role is to lead the suicide prevention team in the provision of our HOPELineUK national helpline, as well as suicide prevention information, literature and related services to young people, their families, friends and professionals.

"I pursued the opportunity to join PAPYRUS, attracted to the opportunity to be an integral part of expanding the impact the charity makes in suicide prevention and awareness through outreach, collaboration and support," said Kathleen, who has many years' experience in mental health and substance misuse treatment working in Washington DC.

**Louisa Walmsley**  
– Community Fundraiser

Louisa is tasked with generating income by developing and leading on our community fundraising strategy and to proactively engage existing and new stakeholders in order to fulfil its aims.

With considerable experience as an events fundraiser for national charities and more recently teaching in primary

schools, she has returned to her passion for fundraising to support those who are most in need. "I am excited about the opportunity and getting to know all the wonderful supporters who give their time and money to support our work," commented Louisa.

**Rob Hutchinson**  
– Finance Officer



Rob will administer the day-to-day finances of PAPYRUS and contribute to maintaining our budgets and finance systems within our strategic plan. He has many years' finance experience with major practices and latterly self-employed working with smaller start-up businesses.

"I am looking forward to working with PAPYRUS and building on my financial expertise to help create and accelerate the charity's future growth," he said.

**Deborah Melia**  
– Administrator

With a background in marketing and education, Debbie – as she likes to be called, has considerable experience working with young people on issues that included bullying, peer pressure and drug abuse.

She is excited to be involved with PAPYRUS. "I am thrilled to be able to play my part in all the great work the charity does, helping to ensure that we make a difference to young people's lives."

**Alexis Elliott**  
– Suicide Prevention Advisor



Alexis joins the HOPELineUK team and will also be involved in our suicide prevention outreach work. Alexis brings substantial experience working in the mental health sector and is excited about joining PAPYRUS. "I am looking forward to working within the team, utilising the skills and experience I have developed and helping to raise awareness about this extremely important subject."

**Alice Newton**  
– Suicide Prevention Advisor

Also joining our HOPELineUK advisors and outreach team, Alice's career to date includes work and volunteering with several like-minded charities. "I am delighted to have this opportunity to become part of PAPYRUS and helping the charity to grow."

# Drug firms contemplate withdrawing research

*'Research into brain disorders under threat as drug firms pull out'*

Trustee **Anita Sutcliffe**



**This was the disturbing headline of an article which appeared in the Guardian recently and was brought to my attention by a fellow Trustee. PAPYRUS is very concerned by the announcement that UK-based companies such as GlaxoSmithKline and AstraZeneca may withdraw from research that could help find a way to decrease depression – a risk factor in suicide.**

We issued a response statement expressing our concern, the contents of which were also the basis of a letter to the editors of several medical journals. We know that it was published in the Nursing Standard. (see separate 'boxed' item far right).

We have concerns about drug treatment and adverse psychological effects and we acknowledge the valuable work

done by the charity APRIL, and others, in addressing these issues.

Drug companies are now obliged to report adverse events promptly and warnings have been increased in patient information leaflets. However we also know that the carefully controlled use of anti-depressants can sometimes have an important positive role in the treatment of depression.

## On-going concern

In 2004 PAPYRUS wrote to the Department of Health and other relevant organisations expressing concern that the government, following reviews by the MHRA and Committee on Safety of Medicines (CSM), advised against the use of all SSRIs – apart from fluoxetine – in the treatment of moderate to severe depression in children and young people. We noted that little research had

taken place on the use of these drugs, and pointed out two major issues:

- The distress of many of our members that these drugs have continued to be prescribed for a considerable period, despite increasing evidence of adverse effects being reported by parents and carers.
- The problem as to what treatment would now be available; NHS waiting lists for alternative treatments such as counselling and cognitive behavioural therapy are long in many areas.

The letter was published in the Pharmaceutical Journal, with a response from the chairman of the CSM that included the following comments: *'The CSM is keeping the issue of SSRIs in children under*



*review, and is continually working to increase awareness of the need for more studies to improve the availability of licensed medicines for children.'*

The 2005 NICE Guidelines on the Treatment of Depression in Children, in which PAPYRUS was a stakeholder, repeated the restriction to fluoxetine.

PAPYRUS was also a stakeholder in the development of the NICE Guidelines on Treatment of Depression in Adults, which acknowledge the need for anti-depressants in conjunction with psychological therapies in the treatment of moderate to severe depression.

Since 2004 several studies have stressed the need for increased availability of non-pharmacological therapies. In 2007 we wrote again to the Department of Health asking, in principle, what action was proposed to address the lack of availability of accessible

## Dear Editor

PAPYRUS the national charity for prevention of young suicide is extremely concerned by recent announcements by drug companies, such as UK-based GlaxoSmithKline and AstraZeneca, that they are withdrawing from research that could help find a way to decrease depression – a risk factor for suicide – in young people. The charity believes that this action may result in more suicides in the longer term.

PAPYRUS has been petitioning for several years for research into better and safer drug treatments for young people with moderate to severe depression, where alternative treatments do not prove adequate.

While certain drugs have been found to increase the risk of suicide by increasing suicidal thoughts in some young people, this does not mean that we should stop looking for a solution to decrease depression, and ultimately suicide, in young people. We need to look for solutions that are safer, not to stop research altogether.

Every year in the UK between 600 and 800 young people between the ages of 15 and 24 take their own lives – a number equivalent to the population of a small secondary school. Under the age of 35, the number rises to around 1,600. These are alarming statistics, but PAPYRUS believes this is just the tip of the iceberg.

Funding for research into high-profile diseases, such as cancer and heart disease continues to be buoyant. It is disappointing that mental illness does not attract similar support, especially concerning the mental health and wellbeing of our future adult generation.

Yours faithfully

**Ged Flynn**

Chief Executive Officer  
PAPYRUS Prevention of Young Suicide.

treatment for young people and, following concerns that drugs apart from fluoxetine were being prescribed to young people, what plans were there to monitor the prescribing of SSRIs.

## Research is vital

There have been some improvements in availability of therapies, but much more research into drug treatment is needed.

My interest in these issues is based on my background as a pharmacist and as the mother of a daughter who died following a brave battle against severe depression, with no obvious cause. My hope is that mental

ill-health may eventually benefit from a similar level of research as cancer and heart disease, although a recent statement from the Royal College of Psychiatrists envisages a 'dangerous vacuum of help for people with mental health disorders'.

We must, therefore, continue to lobby for a greater understanding of the impact of carefully prescribed drugs in the treatment of depression in young people. It is integral to our work in suicide prevention.

I am encouraged by the considerable achievements by PAPYRUS over the past 13 years and look forward with enthusiasm to the growth of the charity with the excellent new team in Warrington.

## Out&about IN Brief

### APPG: Suicide and the Online Environment

Trustee **Paul Kelly** and **Rosemary Vaux** from our Press Office represented PAPYRUS at the June All Party Parliamentary Suicide and Self-Harm Prevention Group (APPG), chaired by **Madeleine Moon** MP.

First to address the meeting was **Will Gore**, Public Affairs Director, Press Complaints Commission, who said there had been enhanced recognition by the press that care and consideration is needed in the

reporting of suicide and mental health issues. PAPYRUS concurs; but maintains a watchful eye as part of our prevention activity.

Speaking of experience in Australia, Jane Pirkis of the University of Melbourne, said her country had increased resources for educating journalists on reporting of suicide, issued guidelines on reporting mental health issues and established a resource for stage and screen writers

and actors involved in plots involving suicide. Another initiative is 'stigma watch' for reporting complaints about offensive media content.

Paul asked about their experience of blocking foreign based sites, but Jane had no knowledge of this.

Monitoring of Australian media in 2001 and 2006/07 showed significant reduction in details of suicide methods.

# Call for more accurate suicide statistics

PAPYRUS has long campaigned for more accurate statistics on suicide. We therefore welcomed Madeleine Moon, MP for Bridgend, raising this issue during a recent debate in the House of Commons.

She felt there was a risk that the increase of narrative verdicts by coroners may influence the Office of National Statistics (ONS) to misclassify suicides as 'other verdict' or 'accidents' if key information (such as 'clear reference to an intention to cause self-harm') is not included within the narrative. As a result, this could influence the ability to target and maximise suicide prevention efforts effectively.

"Accurate statistics help academics to understand the causes of suicide and the key groups at risk," emphasised Madeleine Moon. "They help local and national Government and health care professionals to decide what prevention strategies will work best and where to target resources. External factors can have a dramatic effect on the rate of suicide and can affect different demographics. Economic recession and high employment have a particularly striking effect on the suicide rate of working-age men. Different areas have different profiles of suicide victims, and those demographic profiles change over time. Such changes must be accurately recorded if our work to prevent suicide is to be effective."

The Office of National Statistics collects data from coroners' reports in order to produce statistics about the causes of death. In cases where a narrative verdict has been rendered, the ONS cannot infer from what is in the narrative, so if it does not state intent or that it was a suicide, then it will be

classified as an accident or 'other verdict' by the ONS.

In response Jonathan Djanogly, Parliamentary Under-Secretary of State for Justice, stressed that, "a verdict of suicide can only be returned if the coroner is satisfied that the death occurred as a result of a deliberate act by the deceased and, that in doing so, they intended that the consequence would be their own death. It is clearly inappropriate to suggest that coroners apply the civil standard of proof to a verdict as serious as suicide."

## Highlight concerns

He told the House that work is being done within the Department of Justice, in conjunction with Department of Health and ONS, including issuing guidance to coroners on narrative verdicts and referenced previous training on writing narrative verdicts. He said they are considering revising the guidance to highlight concerns discussed during this debate and elsewhere. The ONS in conjunction with the Coroners office is reviewing its coding practices. The full debate may be accessed at [www.publications.parliament.uk](http://www.publications.parliament.uk)

As the government prepares to launch consultation to develop a new strategy for suicide prevention, refining and improving upon the method that statistics for suicide are tracked is key to laying the foundation to develop an up-to-date strategy for suicide prevention.

# Gathering the data

## National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (Inquiry)

### Who are we?

The Inquiry is a UK-wide research programme based at the University of Manchester, in the Centre for Suicide Prevention. The Inquiry has been in operation since 1996. Funding is provided by the Healthcare Quality Improvement Partnership (HQIP) (as of 1 April 2011), via government departments in England, Wales, Scotland and Northern Ireland.

### What do we do?

#### The remit of the Inquiry is to:

- collect detailed clinical data on all individuals who die by suicide, commit homicide, or die suddenly or unexpectedly (SUD), who were in recent contact with mental health services
- make recommendations on clinical practice and policy that could reduce the risk of suicide, homicide, and SUD by people under mental health care.

Our work programme for 2011-13 includes our core research programme on suicide, homicide and SUD. In addition we will carry out three new studies investigating:

- 1) models of service delivery,
- 2) quality of risk assessment, and
- 3) suicide in people in contact with primary care services.

Below is a summary of some of the Inquiry work focusing on young people we have carried out, including a published paper and findings from a recent Inquiry report in 2010. All reports and publications are listed on the Inquiry website: [www.manchester.ac.uk](http://www.manchester.ac.uk)

### Suicide in juveniles and adolescents in the United Kingdom

*Windfuhr, K., White, D., Hunt, I., Turnbull, P., Lowe, R., Burns, J., Swinson, N., Shaw, J., Appleby, L., Kapur, N., and the National Confidential Inquiry into Suicide and*

*Homicide by People with Mental Illness*  
*Journal of Child Psychology and Psychiatry (2008) 49:11, 1155-1165.*

### Background

Suicide is a leading cause of death among young people. Mental illness is common among young people generally and young people who die by suicide, which suggests a role for mental health services in the prevention of youth suicide. However, the rate of contact with mental health services among young people is unclear. Further, the characteristics of this young patient population are not well established. This study sought to examine the rate of suicide among young people in the UK, establish the proportion of young people in contact with mental health services prior to suicide, and describe the psychosocial and clinical characteristics of these young people.

### How was the research carried out?

UK data on all young people aged 10-19 years of age, with a coroner's verdict of suicide or undetermined death ('open verdict') were included in the study. Data for the time period 1997-2003 were provided by the Office for National Statistics (ONS) for deaths occurring in England and Wales, and the General Register Office (GRO) for deaths occurring in Northern Ireland and Scotland. For all young people in contact with mental health services in the year prior to death, detailed clinical and psychosocial data were collected via questionnaire from the consultant caring for the individual prior to their death.

### What did they find?

There were 1,722 young people 10-19 years of age who had received a coroner's verdict of suicide or undetermined death. There were 124 young people aged 10-14 years, and 1,598 young people aged 15-19 years. The rate of suicide was higher in males than females, and in 15-19 year olds compared to 10-14 year olds. Importantly, however, suicide rates fell by 28% among all young males over

# Contemporary ART



PAPYRUS is the nominated charity for this year's Cork Street Open Exhibition. Over 2,000 entries were received and the short-list is now published on the exhibition website [www.corkstreetopenexhibition.com](http://www.corkstreetopenexhibition.com)

As we announced in our last newsletter we are thrilled and hugely grateful to be the beneficiary charity this year, the fourth for this exhibition. We are also delighted that Richard Doment, Chief Art Critic of the Daily Telegraph and an eminent author of major art books, kindly agreed to open the exhibition on behalf of PAPYRUS. Our Chairman, Stephen Habgood presented information about the charity.

The juried selection of original contemporary art includes painting, photography, printmaking, digital art, drawing, sculpture and mixed media by established and emerging artists. This year's exhibition featured a loan installation by gallery owner Martin Miller.



A collection of the contemporary art works exhibited.

the time period 1997-2003.

Only 14% of young people were in contact with mental health services prior to suicide, compared to approximately 26% among people 20 years and older. Characteristics of young people who had been in mental health service contact included a diagnosis of affective disorder, a history of mental illness, residential instability, a history of self-harm and substance misuse.

### Why is this important?

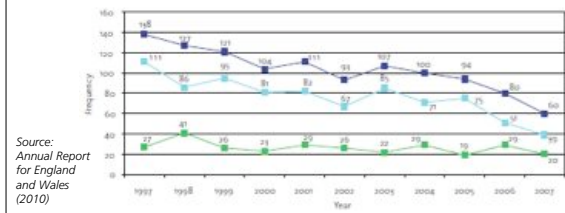
This study highlights a welcome fall in the rate of suicide among young

people. However, few young people are in contact with mental health services, particularly young males, among whom suicide rates are highest in the UK. Suicide prevention for young people should include: addressing barriers to help-seeking (particularly young males), better identification and treatment for mental health problems in young people, and a multi-agency approach, including social, educational and health services.

Annual Report for England and Wales (2010) is accessible at [www.medicine.manchester.ac.uk](http://www.medicine.manchester.ac.uk)

### Suicide by young people (under 25 years) in contact with mental health services

There has been a substantial fall in the number of suicide deaths among young mental health patients. The fall in young suicide deaths represents a 57% decrease across the decade from 1997 to 2007. This decrease is greater than the decrease we have seen in the general population in this same age group (39%). The magnitude of the fall has been greatest among the 20-24 year olds.



Source: Annual Report for England and Wales (2010)

# Research

## Where do youth learn about suicides on the Internet, and what influence does this have on suicidal ideation?

Dunlop SM, More E, Romer D. *The Journal of Child Psychology and Psychiatry* 2011 Jun 10. doi: 10.1111/j.1469-7610.2011.02416.x. [Epub ahead of print]

A number of research studies have shown an association between portrayals of suicide in the news and entertainment media and an increase in suicide. The association between losing a friend or relative through suicide and increase in suicidal behaviour has also been documented. In this study the researchers focussed on investigating the effect of particular websites and social networking sites which featured suicide stories on suicidal ideation in young people. A national sample of 719 Americans aged fourteen to twenty four was interviewed and followed up a year later. In both interviews respondents were asked if they knew anyone who had taken their life or attempted to take their life. Their level of 'hopelessness' and suicidal ideation was also measured. At follow up, their use of websites and exposure to suicide stories from these sites and personal sources was analysed. Results showed that information about suicide was cited from traditional (79%, friends, family, newspapers) and online sources (59%). Whilst social networking sites were cited as a regular source of information on suicide stories an increase in suicidal ideation was noted more through exposure via discussion forums. This study highlights the need to promote suicide prevention resources on discussion forums.

## Deliberate self-harm in rural and urban regions: A comparative study of prevalence and patient characteristics.

Harriss L, Hawton K. *Social science*

and medicine. 2011 May 27. [Epub ahead of print]

The rates of deliberate self-harm shown by patients presenting to local general hospitals in rural and urban districts of Oxfordshire between 2001 and 2005 were investigated. The personal characteristics of the patients were also compared. Results showed an increase in deliberate self-harm rates in urban patients compared to rural patients. This was found for those aged between fifteen and sixty four years of age for both genders. This association was noted even when personal characteristics such as social fragmentation and socio-economic deprivation were taken into account. Furthermore, results showed that urban deliberate self-harm patients were more likely to be unemployed, living alone, younger, have a history of deliberate self-harm and come from a non-white ethnic background. Rural deliberate self-harm patients on the other hand, scored higher in measures of suicidal intent and were more likely to suffer from a physical health condition.

## Characteristics of and trends in subgroups of prisoner suicides in England and Wales.

Humber N, Piper M, Appleby L, Shaw J. *Psychological Medicine* 2011 May 6:1-11. [Epub ahead of print]

The high rate of suicide in the prison population in comparison to the general population has been previously documented. The researchers aimed to use national census data from the Safer Custody and Offender Policy Group at the Ministry of Justice to report on the characteristics and longitudinal trends seen in prisoner suicides between the years of 1999 and 2007. Questionnaires were sent and filled out by prison staff following a suicide – the questionnaire focussed custodial, clinical, sociodemographic and service level characteristics of the suicides.

Results showed a reduction in the rate of prison suicides and the proportion of young prisoner suicides (eighteen to twenty years of age)

over time. Females were significantly over-represented in the suicide sample compared to the prison population. Longitudinal trends showed an upward trend in prisoners with previous mental health service contact and a history of violence. Downward trends were noted in prisoners with a primary psychiatric diagnosis of drug dependence. This research highlights the need for a more targeted approach for suicide prevention taking into account particular subgroups of prisoners.

## Factors associated with acceptance of peers with mental health problems in childhood and adolescence

Swords, L., Heary, C., Hennessy, E. (2011) *Journal of Child Psychology and Psychiatry*, doi: 10.1111/j.1469-7610.2010.02351.x

### Background

Relatively little is known about the factors that determine whether children will react positively or negatively towards a peer with a mental health problem. It is important to better understand children's reactions to others with mental health problems. The reaction from peer-group members can impact on how well young people with mental health problems cope with their illness, and the longer term outcome.

### How was the research carried out?

595 children and adolescents from primary and secondary schools in the East of Ireland took part. Children were shown vignettes of a male and female peer with different types of mental health problems: depression and ADHD. The children participating were asked about how responsible they thought their peer was for their mental health problem, their beliefs about life stresses the individual was experiencing, and beliefs about their prognosis. In addition, the study examined the effects of age and gender on children's reactions to peers with mental health problems.

### What did they find?

The most important factors associated with acceptance of peers with mental health problems were: age and gender of the participant and perceptions about how responsible their peer was for their mental health problems. However, also important was the gender of the child making the evaluation, and the type of mental health problem their peer presented with (depression or ADHD). For example, older youngsters were more accepting of children with ADHD but less accepting of peers with depression, particularly young males. Females were generally more accepting of peers with ADHD and females with depression. Finally, when children perceived the mental health problems to be the responsibility of their peer, acceptance of the mental health problems was lower, particularly in relation to male peers with mental health problems.

### Why is this important?

Peers are an important source of support for young people experiencing mental health problems. Developing a better understanding about what contributes to positive and negative interactions between children and their peers who have mental health problems can inform educational programmes to educate and reduce stigma.

## Persistence of mental health problems and needs in a college student population

Zivin, K., Eisenberg, D, Gollust, S.E., Golberstein, E. (2009) *Journal of Affective Disorders*, 117, 180-185.

### Background

Mental health problems are common among college students. Given the high proportion of young people entering tertiary education, effectively addressing mental health problems in this population of young people may have a positive impact on the individual as well as society more generally. However, there are still gaps in our knowledge about changes in mental health problems among students during the time

period they are at University and also about their help-seeking behaviour.

### How was the research carried out?

This was a web-based follow-up study. Students who had completed a questionnaire in 2005 were followed up with a similar questionnaire in 2007 to identify changes over time. The survey asked about issues including depression, anxiety, eating disorders, self-injury, suicidal ideation, and medication. Students were also asked about their actual and perceived need for mental health problems (eg, therapy, counselling).

### What did they find?

In each year (2005, 2007) approximately 1/3 of students had a probable mental health problem. Approximately 60% of students who had a mental health problem in 2005 still had a mental health problem in 2007, indicating the persistence of mental health problems across time. However, persistence of mental health problems varied by the type of mental health problem (eg, depression or eating disorder). Both perceived need for help, and actual utilization of services for mental health problems was relatively low and this phenomena also persisted across time.

### Why is this important?

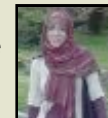
It is important to direct limited resources effectively, in the context of a growing student population. Identifying the characteristics of both mental health problems and help-seeking behavior will help to inform service provision to effectively engage and support at-risk students.

**Note:** The American Foundation for Suicide Prevention (AFSP) has an informative website about all aspects of suicide research and prevention. If you are interested in suicide prevention activities for college or university students in particular, you can find information on the Interactive Screening Programme on the AFSP website. It is a web-based programme set up for universities and colleges to encourage at-risk students to seek help and support. The AFSP website is [www.afsp.org](http://www.afsp.org)

## Conference feedback

# Diagnosing cultural differences

Trustee Samina Hassan reports on the recent Culture and Depression Conference



The recent conference on Culture and Depression, organised by the Ethnic Health Initiative, aimed to raise awareness of the concept of depression across cultures in its various forms and question the universality of depression.

Sushrat Jadhav (*Senior Lecturer in Cross cultural Psychiatry, University College London*) discussed how manifestations of depression vary across cultures, yet despite these different manifestations, the same diagnosis is used. He emphasised that cultural validity of psychiatric disorders requires theory to be grounded in, and shaped by, local forms of suffering. He discussed how the role of culture will be incorporated in the upcoming DSM V (*fifth edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders*).

Joseph Calabrese's (*Research Fellow, University of Oxford*) lectured on depression from an anthropological perspective, with specific examples of Asian somatisation and European Psychologisation, highlighting that mental health or 'the normal' is not one thing but many.

Begum Maitra (*Consultant Child and adolescent psychiatrist*) spoke about childhood depression and culture and how 'useful' this category is. She spoke about the different ways in which children are perceived in different cultures and talked about the importance of involving parents or family in interventions directed at children and young people.

Consultant Psychiatrist, Derek Summerfield, questioned the view that depression appears in all cultures. Yemi Oloyede, health psychologist and analytical intercultural psychotherapist, discussed the role of intercultural therapy in the treatment of depression. She noted the importance of a cultural assessment for diagnosis and care.

Roland Littlewood (*Professor of Anthropology and Psychiatry at University College London*) ended the day, scoped future research in the area.

PAPYRUS welcomed the importance placed on culture specificities in individual's understanding of mental illness.

We continue to receive media requests to speak with members who have been affected by the suicide of a young family member, friend, partner or colleague.

It is a big 'ask' and we are sincerely grateful to those who feel they are able to talk about their personal experience. It is hugely helpful, providing the opportunity to reach out to tell vulnerable young people that there is help and that PAPERUS is well equipped to provide that help and support.

It is an extremely sensitive subject, which is why we very carefully scrutinise every request before approaching people to take part, always reiterating that not every question from a journalist must be responded to: it is not a royal command. In each case we are also careful to brief both member and journalist on the need for sensitive reporting.

On the subject of media reporting, we have an excellent relationship with the Press Complaints Commission and at a recent meeting outlined our continuing mission to encourage responsible press coverage.

## Emmerdale

Response to the inclusion of an assisted suicide of a young man, 'Jackson' in a recent episode of the ITV1 soap Emmerdale has been widespread – from viewers, mental health and disability charities.

When we first heard that this was planned, Ged Flynn wrote to the producers asking "that this is treated very sensitively, with family and friends of Jackson offering support, hope and help, rather than assisting him to take his own life". In his letter Ged also stated: "We also urge you to please desist from including detail of suicide method in the script. This would promote a successful method."

No reply to that letter was received. Following transmission, we issued the following statement:

PAPERUS has reviewed the 7 June 2011 episode of the ITV1 soap Emmerdale which depicted an assisted suicide of a young man.

The broadcasting watchdog Ofcom has received many complaints about the depiction of these tragic events. Ofcom is waiting until the storyline is concluded before launching its investigation into these complaints.

The broadcasting code's guidelines on 'harm and offence' outline the rules on suicide storylines: 'Methods of suicide and self-harm must not be included in programmes except where they are editorially justified and are also justified by the context.' Keeping to its core purpose of suicide prevention in young people, PAPERUS has always maintained that detail of methods ought not to be shown or discussed.

We are, however, pleased to note that the script up to the episode in question included members of the cast showing concern and offering help to the young man considering suicide.

In terms of the watershed issue, PAPERUS agrees with Ofcom broadcasting guidelines that children and young people ought to be 'protected by appropriate scheduling.'

Emmerdale producers, Stuart Blackburn and Steve November, have said that they hope that 'this will make people think about this sensitive issue.'

PAPERUS recognises the impact that such a storyline can have on some young people who may be experiencing suicidal thoughts. To that end, PAPERUS provides a helpline which is available for those who, having watched the programme, need to speak to a professional advisor who can offer support and guidance to help prevent other young people from considering suicide.

We await the outcome of the Ofcom investigation.

# Listening and Learning – By Ged Flynn



**It has been interesting to meet a good number of young people over the last few months especially. Some of them have lost young friends, family members, partners, lovers or neighbours to suicide. Some of them may have self-harmed; others had felt that they could speak to nobody who would understand; a few had determined to end their lives but fortunately found appropriate help. Each of those we met made a real contribution to our growing understanding of young people's lives these days.**

When asked at one college what we were going to talk about, some of the tutors were taken aback at first when we suggested we turn the tables and listen to the young people. And what a powerful difference it made!

Listening and learning from young people can be a challenge. I tended to think I was good at this but, more and more, I realise that my assumptions can prohibit my openness to new learning here. Even as I write this, I am aware that you may well be younger than me and consider yourself the subject of my musings. There is an inherent difficulty with age isn't there! Suddenly, we realise that we are not a young person any more. PAPERUS has its focus

on those aged up to 35 but is not too strict about this.

In my experience, as a young person and as a professional in youth work, I know that 'talking about young people' can often replace 'listening to young people' if we are not careful. This is not done out of malice: far from it. Because we care, we want to help, to teach, to comfort, to support, to correct, to encourage. What a challenge to read an article by young people which underlines my recent experience of working with young adults!

Like many of the young people I have been with of late, the authors of this article on the website Youth on Board remind me that listening to young people is a real art form:

"Having someone sincerely and skilfully listen to us about the struggles and joys of our lives can have a huge impact on how we feel about ourselves and how we function in the world. When was the last time someone just listened to you think out loud for a while without interrupting? An adult can begin to break down barriers by learning to listen well to young people. Listening can also be used to help young people build

relationships with each other.

Listening is different from normal conversation. We are not looking for what we want to know, or asking questions or giving opinions on the topics that are interesting to us. Rather, we are setting up a space where young people get a chance to talk about their own thoughts and experiences in a way that is useful for them. **These are general guidelines for using listening:**

- Give full attention to the young person who is speaking. Do not interrupt. This is harder to do than you think. Try not saying anything for a while. See what happens.
- Remember that the person you're listening to is a wonderful, capable person who is already functioning beautifully. This is true even if you see the person struggling with many areas of their life.
- Do not offer advice. Advice may serve a purpose later on, but not during listening time.
- Try not to direct the subject matter. When you're listening well, the young person will quickly bring up the issues that he/she needs to sort out for herself/himself.

- Actively appreciate and encourage young people for every small success they've been able to achieve.
- Remember that your listening, along with your respect and caring is significant and important in young people's lives.
- Keep strict confidentiality. Do not repeat or refer to what a young person has said in social situations or in conversation with others.
- When given delighted, thoughtful attention, people will often cry from sadness, laugh from embarrassment or sweat or shake from fear. Encourage this.

We often get confused and think that if we can stop the person from feeling the hard feelings, we will stop the hurting. Feeling the feelings is part of naturally healing from the hurt. It will instinctively occur when there is enough safety.

Good listening takes practice. Keep setting up situations where you are specifically just listening to someone without interrupting. It may be awkward at first, but you'll learn to be good at it.' [www.youthonboard.org](http://www.youthonboard.org) *Listening to Young People. pp 2-3. Somerville. MA*

## Helping bereaved people deal with the media



Will Gore,  
Director of  
Public  
Affairs, PCC.

**The Press Complaints Commission is the body that regulates the print media in the UK. It deals with complaints about the editorial content of newspapers and magazines, trains journalists and can assist with problems relating to the physical behaviour of journalists.**

Many of the complaints the Commission deals with are connected in some way or another with the reporting of a death. This is why the PCC has now released new guidance

aimed at people who have suffered a bereavement and who, for whatever reason, find themselves facing attention from the media.

The Commission has consulted widely on this issue so that the guidance is helpful and relevant, including working with Facebook, the Samaritans, Members of Parliament and police representatives. The

guidance also reflects the views of the newspaper and magazine industry so that members of the public can understand their approach in this area.

### The advice includes:

- what to do if a friend or relative of the deceased wants to speak to the press (and how such contact can be arranged), and what to do if they do not;
- information about dealing with material available on social networking sites;
- how to prevent unwanted approaches from journalists or photographers;
- how to make concerns clear to the press both pre- and post-publication;
- what can happen when deaths occur abroad.

The guidance is produced as a leaflet and is also available to download from the PCC website. For those working closely with people who have been bereaved, it should be an invaluable tool. Hard copies of the leaflet can be requested from Tonia Milton at the Press Complaints Commission ([tonia.milton@pcc.org.uk](mailto:tonia.milton@pcc.org.uk)).

The production of this new guidance reflects the increasingly proactive stance of the PCC in trying to ensure that the public can effectively deal with the media in a way that minimises potential problems. We have learned from several high-profile incidents (such as the suicide cluster in and around Bridgend, or the shootings in Cumbria last summer) that people who have been affected need to be equipped as quickly as possible with information about handling the media and about the services of the PCC. That is why we liaise with charities, police authorities, MPs and others to get that information to the people who need it most.

The PCC is also increasingly engaged in training journalists, seeking to raise standards across the newspaper and magazine industry by communicating its key rulings to those at the coal face of reporting. Issues connected to the coverage of suicide feature strongly in our training seminars and it is impressive to see the level of engagement among journalists with what remains a difficult – and sometimes contentious – topic.

Anyone wanting to discuss how the PCC can help should contact the Commission's public affairs director, **Will Gore** – 020 7831 0022 or [will.gore@pcc.org.uk](mailto:will.gore@pcc.org.uk)

Our PAPERUS press office will also be pleased to deal with complaints on behalf of members, in which case please contact **Rosemary Vaux**, direct line: 020 8943 5343.



ISP survey result

# Online safety

How easy is it to access parental controls and to complain about internet sites with potentially life threatening content?

**PAPYRUS recently asked members to undertake a simple review of opportunities provided by Internet Service Providers (ISPs) for dealing with online safety issues. Our sincere thanks to all those members who responded.**

Of the six leading ISPs/search engines in our survey, all provided access to parental controls, an encouraging start. However, two out of the six (*Virgin* and *Talktalk*) were considered to be 'difficult' or 'very difficult' to actually find.

It is well established that many parents are less confident in computer use than their children; it is less than helpful on the part of some ISPs that access to parental controls requires delving into the remoter technical innards of one's computer!

Our survey suggests it was either 'impossible' or 'difficult' to find out how to go about making a complaint in four cases (*O2*; *Talktalk*; *Virgin*; and *BT*) with only one rated as 'very easy' (*Mozilla*).

## Please Remove this Website?

PAPYRUS took this little survey one stage further. We identified what we considered to be a particularly dangerous and illegal website and asked BT and Talktalk to block it. The

website has an extensive list of suicide methods in great technical detail, discussions of the least painful methods, such as how to avoid discovery and where to get materials. The site originates in the US but contains an advert by someone in the UK offering to assist in suicide.

We contacted BT and asked them to block it. BT's legal department stated that BT did not censor online content and refused to take any action.

Some of our members have found the process of making a complaint on these matters to BT somewhat daunting.

TalkTalk's approach was different, albeit the end result was the same. When pressed to explain why they stated that "TalkTalk provide a service to customers to access the internet; with reference to the subject matter they choose to view, this is not able to be censored by TalkTalk." Finally, they suggested that people believing a website was illegal could report it to the Internet Watch Foundation – apparently unaware that this deals with complaints in certain specific areas, not including suicide!

Taking a positive interest in a child's online behaviour is paramount

and parental controls are a valuable tool enabling carers to check, and if necessary regulate, activity.

Official regulatory bodies such as the Internet Watch Foundation (IWF) and the Child Exploitation and Online Protection Group (CEOP) will not

*“ Although I use computers a lot, I didn't find it at all easy to work out what to do.”*  
*“I could not find any online way to report harmful content. I am sure it is there but hidden!”*

consider suicide content. PAPYRUS is now campaigning that this be changed.

The Coalition Government claims to be committed to keeping young people safe online. Yet it will not provide an alternative means by which the public can complain and considers the blocking of potentially illegal and life-threatening websites to be 'inappropriate'.

PAPYRUS is forced to conclude that if both government and industry remain unwilling to act, they will have to share some of the terrible responsibility for the suicides in which online access to methods has played a significant role.

# Society networking

Paul Kelly reports on the recent 'Family Online' conference – a wake up call for parents



An old friend recently confided in me a minor horror story concerning his 14 year old daughter. As a birthday present he had bought her a new mobile phone with a budget of £30 a month for calls and texts. My friend is not the most diligent in checking his bank statements and was horrified to find that after three months he was paying out well in excess of £100 per month for his daughter's phone use.

There is currently a somewhat frosty atmosphere, not to say teenage angst, in my friend's household!

The relevance of this story was brought home whilst spending an intensive day at a conference entitled Every European a Digital Citizen, organised by the Family Online Safety Institute (FOSI). FOSI is an industry run international organisation which seeks 'to develop a safer Internet by identifying and promoting best practices, tools and methods that also respect free speech'.

Research presentations by Alison Preston from Ofcom and Professor Sonia Livingstone of LSE (see also 'Research

Update' p8) indicates that use of key media such as the Internet are well established by age five. The proportion of children using a mobiles almost doubles between the age of nine (52%) and 15 (95%). Only 21% of parents set limits on the use of mobile phones to access the Internet; a half of 12-15 year olds are happy to release photos of themselves online and too many freely give email addresses and phone numbers, although this does improve with age. Parents seem to have confidence in their children to remain safe online, perhaps because almost half of those surveyed believed their children were more knowledgeable about the Internet than they are!

## Social interaction

The use of social networking sites such as Facebook by children is exploding. For most families and individuals it is a beneficial form of social interaction but the conference highlighted a number of concerns. The thorniest problem is age control. The

age limit for Facebook is 13 but one estimate has suggested 50% of children using the site in the USA are under age. Youngsters quickly realise they can lie about age and there is currently no form of realistic authorisation possible.

Dig deeper into the research by Professor Livingstone and you will find the statistic that 2% of boys and 1% of girls in the age range 11 to 14 in the UK have visited websites that discuss suicide methods. At first sight a reassuringly small statistic and we don't know to what extent contact might have been accidental.

The message must be that parents need to take more responsibility, especially for younger children, for their online activities. Whilst it is encouraging that the IT industry in the form of FOSI is tackling the worldwide issue of Internet safety PAPYRUS would like to see more being done to deal with illegal, harmful and potentially life threatening content.

*More information about the conference can be found at [www.fosi.org](http://www.fosi.org)*

# Time to Change

– Time to take action

**PAPYRUS applauds the Time to Change anti-stigma campaign in England and Wales and encourages everyone to be involved. The campaign focus is on changing behaviour in addition to attitudes around mental health problems.**

Time to Change encompasses multiple activities including a national media campaign focusing on TV, national press and magazine advertising. In addition, the campaign targets training for employers, community leaders, student doctors, and staff at GP offices; as well as developing networks of supporters combating discrimination in their own communities to decrease the stigma around mental health problems. It looks at how we as individuals and as part of an organisation or workplace can make a difference.

Since 2007, Mind and Rethink mental health charities within England have partnered to run the campaign. They report a 2.2% improvement in public attitudes towards mental health problems since the launch of Time to Change, as measured by the Department of Health's annual 'Attitudes to Mental Illness' survey, and 4% reduction in the discrimination experienced by people with mental health problems measured by asking 1,000

people about the discrimination faced in their lives and comparing it each year. This year, Wales received £1.9 million to begin its own Time to Change efforts through a partnership between Gofal, Hafal and Mind Cymru.

There are many ways organisations and individuals can be involved in the campaign (see the Time to Change website <http://www.time-to-change.org.uk>). As an individual you can take a number of actions:

- Talk to a friend about their mental health problem and find out how you can help them
- Talk about your own experiences to help break down stigma
- Share the Time to Change campaign with your friends on Facebook and Twitter
- Talk to others about mental health prejudice
- Read and comment on real people's experiences and views about mental

health discrimination and improving wellbeing through the Time to Change forums, blogs, and stories on their website.

If you are part of an organisation you can look at ways to get it involved with the campaign to reduce mental health stigma and discrimination in the workplace and the larger community. The first step is getting support from your organisation. Look at what is going on locally, then plan an activity. The possibilities are unlimited.

Our mission at PAPYRUS is to prevent suicide in young people, one piece in accomplishing that is through reducing the stigma and discrimination a person may feel due to their own mental health issues. This may lead to more young people seeking support and help from peers, family, or professionals. Time to Change is one avenue that can help us work towards accomplishing our goals.

**What can you do in your workplace or community?**

# Fundraising...



● **Robert Flitcroft** and the cast of the multi award winning musical 'Spring Awakening' are collecting for PAPYRUS during each of the 13 performances at the **Edinburgh Fringe Festival**.

**Are you planning an event?** If you would like it advertised in our website Future Events section to help gather support, let us know at [fundraising@papyrus-uk.org](mailto:fundraising@papyrus-uk.org)

A huge thank you to everyone who has been fundraising for PAPYRUS over the past few months. Especially big thanks to those who have been patient with us whilst we moved offices and perhaps took a little longer than normal to respond to your emails and letters. Your support really is very important to us, and we appreciate every single one of you.

With Louisa, our new community fundraiser, firmly in place we are now making plans to do even more fundraising, and to really put the fun into it. We have started to make plans to make fundraising easier for you, with new fundraising packs, more news and events on the website and offering you better promotional materials. And together with Rosemary our PR guru, we can now help to increase media coverage for your events and activities, to boost awareness and eventually lead to more money raised for PAPYRUS.

Here are some of the fantastic people who have been busy recently:

## ● Done and dusted!

**Jackie Pippin** and her cousin **Sue Pilat** ran the Edinburgh Marathon together after Jackie's son **Gowan** died in 2010 aged 21. They found each other a quarter mile before the finish line and managed to raise a huge amount for the charity. A huge achievement for both women, thank you so much.

**Paul McNamara** ran the Virgin London in memory of **James**, son of PAPYRUS Trustee **Dan Naylor**. Paul wanted to be included in the newsletter in order to raise PAPYRUS' profile and inspire others to run. His tremendous efforts have been duly noted, thank you Paul.

**Abbi Eden** ran the Lincoln 10k in memory of her sister.

**Claire Thomas** ran the Manchester 10k.

**Stonyhurst College** Higher Line students raised money working with the school charity 'Learning to Care'.



**Madleine Hewish** together with **Shireen Kasan & Sian Jones** organised a fundraising concert in memory of her brother's best friend.

**Jackie Llewellyn** organised a ladies' lunch for 60 guests.

**Trinity High School** raised money through holding a coffee morning.

The 2nd **Ben Perrin** Band Night was a success, organised by **Ray Perrin**.

**Jean McCutcheon** organised a recent curry night with friends and family.

**Rotary Club of Abergele** made a generous donation.

**University of Abertay Dundee** nominated PAPYRUS as one of their charities of the academic year 2010 – 2011.

Please don't forget **Gift Aid** ... simply by Gift Aiding your fundraising you are raising an additional 25p per £.

And there's no stopping you! Here are some of our fundraising activities scheduled over the summer!

The **Exeter College Boat Club** are piling 10 men into a boat and rowing around the Isle of Wight to commemorate the life of the novice rower, **Armin**, who died in January 2011. **Charlie Howell**, President of the Boat Club said "the college community was hard hit, as it is so small. We just wanted to do something to help others".

**Patrick Stephenson** and five others will be cycling 300 miles of coastal roads of Cornwall in July. He's joined by his brother **Jamie** and friend **Sam** who have been supporters of PAPYRUS for a few years. We look forward to seeing the before and after photographs!

**Anne Owen Taylor** has organised a walk in memory of her nephew **Rhodri**, to mark his 18th birthday. More than 80 people will take to the Brecon Beacons to complete 14 miles of gruelling mountain terrain – *hopefully the weather will treat them well*.

The **Junior Common Room** at Magdalen College Oxford has nominated PAPYRUS as their charity of the year. Thank you for thinking of us.

**Lorraine Hale** has raised significant amounts in memory of her son **Robbie**, and isn't stopping now. **Robbie's dad** is embarking on a 90 mile bike ride to raise even more.

Several people are taking part in the **Big Fun Run Series** over the summer, taking on the 5k challenge in a variety of parks! *Good luck to everyone putting on their trainers!*

We are ALWAYS looking for people to get involved with PAPYRUS so if there's something you'd like to do to help, please contact Louisa on [louisa.walmsley@papyrus-uk.org](mailto:louisa.walmsley@papyrus-uk.org) or on 01925 572 444.



## Marches Fundraisers had a Ball!

The Chase Hotel, Ross-on-Wye, was the glamorous venue for the PAPYRUS in the Marches (PiMs) Sugar Pink Ball. "We are so thrilled with the result, which raised substantial funds towards reducing young suicides," said **Stephanie Lyth-Lawley**, Chairman of PiMs.

Guests dined and danced to the toe-tapping music of the **Wholly Soul Band**. **Nigel Morris** conducted a lively auction of donated gifts from friends and businesses in the area, all contributing to a sparkling evening.



## Diary dates ...

Plans are well in hand for the remaining events this year, which include:

**Sunday 3rd September**  
Conjuring at the Castle by the brilliant illusionist **Bertie Pearce**, including a Ritz-style tea and tour of the ruins of Wilton Castle.

**Wednesday 16th November**  
Christmas Fair at Bishopswood Village Hall

**Friday 25th November**  
Christmas Concert at Hom Church with, by popular request, **Michael Lunts** returning to entertain with 'By George' - a celebration of all things English.

**Details and tickets for all events are available from Stephanie Lyth-Lawley** tel 01989 769 581.

## ● No stopping us now!

Trustee **Sam Greaves** and his team of **Richard Worrall**, **Tyrene Lawless**, **Sam Morris** and **Alisdair Charnock** are undertaking the challenge of the British 10k race in London on July 11th.

Sam said "Each year I try and raise some money and attention to what is a cause very close to my heart. I lost three friends to suicide in 2005, 2007 and 2008 and I continue to hear stories from friends and family of how there are still young people taking their lives. Not only does it affect the families but it also affects the friends. Still to this day I think about the times we could have had, and how they would be part of my life today. I have recently joined the Board of Trustees, and I hope that with my new role I can help in a different way.



## Fundraising and donations

### ● Big hike

19 members of staff from **Ingenza Ltd** hiked up Ben Nevis in June to raise funds in memory of colleague **Paul Taylor's** son, **Steven**. They raised an amazing amount, and still rising, and presented **Louisa Walmsley** with a cheque. A huge thank you to every one who took part.



## Sincere thanks

### Donations

Phyllis Plumpton  
Jeremy Hill  
Serenity Choir  
Elizabeth Clements  
A & M Moriarty  
Clare Francis  
M Brotherton  
Jean McCutcheon  
JM Catherall  
MJ Barnes  
Elizabeth Burnside  
Darren Monroe & The Sustained  
MJ Price  
Christine Everson

Ivona Mclwraith  
Deeside College  
Mrs Whattler  
Mr Pollitt  
Miss Holland  
Gareth Thompson & Merseyside Police  
Mr & Mrs Warlow  
Holy Family RC School Fund  
Mrs Lucas  
Abergale Rotary  
Wyke College  
Patricia Swaby  
Shrewsbury School  
Mr & Mrs Kerr

Lucy Laucht  
Mark Chambers  
Sarah Kennedy  
Sara Nunan  
Jane Fitch  
Tracey Braddick  
Jackie Martin

### In memory

- **Jamie Parsons**
- **Wesley Mills**
- **Faye Simons-Powell**
- **Rosemary Edwards**
- **Rhodri Owen**

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

## Why not join us... Membership form

**When PAPYRUS Trustees discuss what the charity needs to do, we look to the experiences of our members to help us. If you want to help young people to live with hope, you can give our work some special meaning. Family, friends and professionals, please join PAPYRUS now.**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I enclose £20 for annual membership.

I enclose a donation of £ \_\_\_\_\_

Only one newsletter and information will be sent to an address, if you want additional copies of mailings, please tick this box.

By filling in the Gift Aid declaration, we will be able to claim back from the Inland Revenue the income tax that has already been paid on any donation you may make.

Please tick this box if you require a receipt.

### GIFT AID DECLARATION.

I want to treat this and all donations I may make in the future, until I notify you otherwise, as GIFT AID DONATIONS.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Please Note:** Remember to notify us if you no longer pay an amount of Income Tax/Capital Gain Tax equal to the tax we reclaim on your donation. This declaration can be cancelled at any time by notifying PAPYRUS.

**Please return this form to:** PAPYRUS Prevention of Young Suicide, 67 Bewsey Street, Warrington, Cheshire WA2 7JQ.