



preventing young suicide

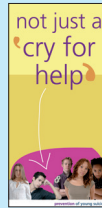
Resources catalogue

- **Please note:** Single copies of our booklets, leaflets and audio CDs are **free of charge** to individuals. Sample packs are available for organisations. **Discounts*** for larger orders (see back page).

Booklets/CDs

Not just a 'cry for help'

Advice on how to help someone you know who has tried to take their own life.



£6.00 per pack of 10. No. of packs

Not just a 'cry for help' (8 page booklet).

English

Welsh

Polish (Inc poster in Polish advertising availability of booklet).

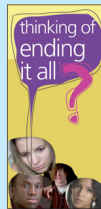
Not just a 'cry for help' (Audio CD).

English

Urdu

Thinking of ending it all?

Information and advice on how to deal with suicidal feelings.



£6.00 per pack of 10. No. of packs

Thinking of ending it all? (12 page booklet).

English

Welsh

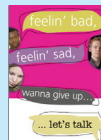
Polish (Inc poster in Polish advertising availability of booklet).

Thinking of ending it all? (Audio CD).

English

Feelin' bad, feelin' sad, wanna give up ...lets talk

A short guide to explaining feelings and ways to get help.



£6.00 per pack of 10. No. of packs

Feelin' bad, feelin' sad, wanna give up (8 page booklet).

ACTION for Safety on the internet (8 page booklet).

ACTION for Safety on the internet

Guidance and family security when using the internet.



Total no. of packs @ £6.00 per pack

Sub-total cost £

Preventing Student Suicide pack.

(Each pack contains 10 copies of each publication and 1 copy of DVD).



£10.00 per pack. No. of packs

Preventing Student Suicide – a guide for staff in universities and colleges (16 page booklet).

Students, are they coping? (4 page leaflet).

Friends, are they coping? (4 page leaflet).

Preventing Student Suicide (DVD).

Total no. of packs @ £10.00 per pack

Sub-total cost £

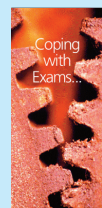
Leaflets

Coping with Exams

How to avoid exam stress.

Listen to me

Talking and listening to young people.



£2.50 per pack of 10. No. of packs

Coping with Exams (4 page leaflet).

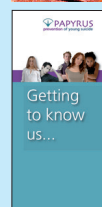
Listen to me (4 page leaflet).

Total no. of packs @ £2.50 per pack

Sub-total cost £

Getting to know us

PAPYRUS information leaflet. Includes membership form.



FREE in packs of 10. No. of packs

Getting to know us (6 page leaflet).

Resources signposting the PAPYRUS confidential helpline service – HOPELineUK

Leaflet/poster

HOPELineUK – Information on the PAPYRUS helpline service.

(Leaflet)



(Poster)

£2.50 per pack of 10. No. of packs

Are you, or is a young person you know, not coping with life? (Leaflet 4 page).

Are you, or is a young person you know, not coping with life? (Poster).

A4

A3

Business cards

HOPELineUK – Are you, or is a young person you know, not coping with life?



£2.50 per pack of 20. No. of packs

HOPELineUK (Single-sided business card).

Posters/flyers

Are you worried? Feel like giving up?



£2.50 per pack of 10. No. of packs

Are you worried? Feel like giving up? (Poster).

A4

A3

Are you worried? Feel like giving up?
Easy read poster.



Are you worried? Feel like giving up? (Poster).

A5

A4

Series of general posters highlighting HOPELineUK service.



Hurt, scared, unhappy, can't sleep, no friends, lonely, angry, mixed up, lost, bullied, in trouble... **My life is crap.** (Poster).

A4

A3

Around 1,400 young people in the UK under the age of 35 take their own lives every year. **Don't be one of them.** (Poster).

A4

A3

Hurt, scared, unhappy, lonely, troubled, angry, mixed up, lost ... **Don't be.** (Poster).

A4

A3

Total no. of packs @ £2.50 per pack

Sub-total cost £

Reports

Concern and Confidentiality

– GPs Responses to Young People in Distress and their Parents. PAPYRUS/University of Hull/King's College, London (2004).

Making Use of Hindsight

– findings and recommendations drawn from a survey of parents bereaved by suicide. PAPYRUS/University of Hull. (2001).

Responses and Prevention in Student Suicide

– PAPYRUS/University of Central Lancashire/King's College. London (2007).

£4.00 each. No. of copies

Concern and Confidentiality (20 page A4 booklet).

Making Use of Hindsight (16 page A4 booklet).

Total no. of copies @ £4.00 each

Sub-total cost £

£10.00 each. No. of copies

Responses and Prevention in Student Suicide

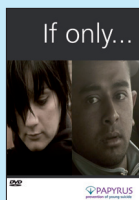
(Full research report 92 pages).

Total no. of copies @ £10.00 each

Resource packs

If only ...

Short film addressing south Asian family issues in English.



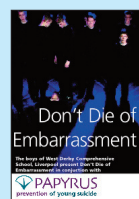
£5.00 each. No. of copies

If only ... (DVD including 16 page booklet).

Total no. of copies @ £5.00 each

Don't Die of Embarrassment

A teaching resource aimed at promoting good emotional health and well-being particularly of young men. (Age 14+).



£23.00 each. No. of copies

Don't Die of Embarrassment

(DVD, teachers' notes and worksheets).

Total no. of copies @ £23.00 each

Sub-total cost £

Please make cheques payable to: **PAPYRUS**.

I enclose a cheque for _____

Please invoice the person/organisation below.

Other _____

Please tick box if you require a receipt.

You may prefer to pay by BACS. Below are the PAPYRUS bank details:

Bank: **CAF Bank Ltd**. Sortcode: **40 52 40**. Account no: **00009952**.

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Email: _____

Signature: _____

Your purchase/reference no: _____

Sub-total cost: £

Total no. of packs ordered: £

Total cost before discount: £

***Discount:**

10% on 10 packs or more.

25% on 50 packs or more.

Deduct discount: £

TOTAL payable: £

• All postage and packaging is included.

Prices correct at 1 August 2009.

We would like to be able to contact you to notify you of new suicide prevention resources as they become available.

To agree to this please tick this box.

PAPYRUS Lodge House, Thompson Park, Burnley BB11 2RU.

tel: 01282 432555. **email:** admin@papyrus-uk.org **web:** www.papyrus-uk.org

Founded in 1997 by parents for the prevention of young suicide.

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