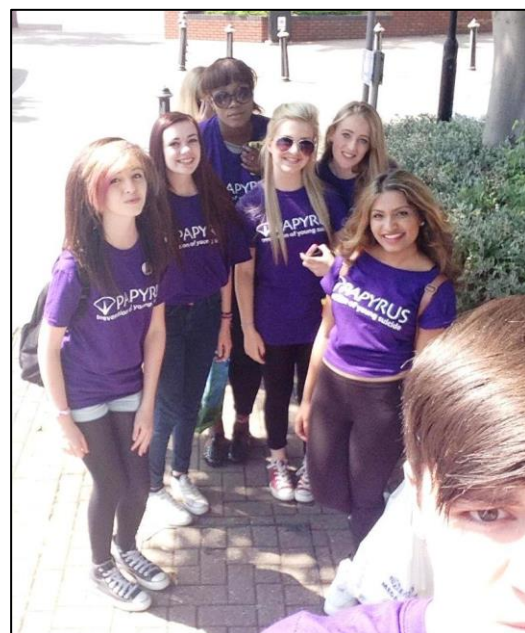


Cheshire Suicide Prevention and Self Care Project – Volunteer Opportunity

Suicide is the biggest killer of young people – male and female – under 35 in the UK. In 2015, 1,659 young people took their own lives. That equates to over four per day. **Across Cheshire 26 young people under 35 died by suicide in 2015 – the second highest level since 2002.** Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling, which is why **PAPYRUS dedicates its work to prevent young suicide** and PAPYRUS was set up by a group of parents who had all lost a child to suicide. PAPYRUS is determined to provide support, training, fundraising and campaigning to help prevent young suicide. Visit www.papyrus-uk.org for more details.

- **Are you passionate about helping to prevent young suicide and promote self-care locally?**
- **Do you want to learn new skills and experiences to help you in work, education or personally?**
- **Would you like to meet and work with others to help #TalkThroughTheTaboo of young suicide?**
- **Do you want to join a new Youth Forum and help to design and run a Self-Care Marketing Campaign?**
- **Are you aged 18 or over and live in Cheshire?**

This is a great opportunity for Cheshire residents aged 18 and over to receive suicide prevention training (ASIST* - free at point of delivery) and to be supported to design and deliver at least one suicide prevention activity within their chosen community.



Project Details

The Cheshire Community Foundation have funded PAPYRUS to deliver a 12 month Suicide Prevention and Self-Care Project across Cheshire during 2017.

The main aims are to:

- help raise suicide awareness amongst Cheshire based parents
- to increase awareness across Cheshire (via volunteer-led suicide prevention activities) of young suicide and how young people can be supported if they are having thoughts or feelings of suicide
- to equip and train 60 community volunteers with suicide prevention skills (ASIST)*
- Establish a youth forum to design and develop a Self-Care Marketing Campaign across Cheshire

***Please see overleaf for more details about how you can get involved and volunteer with this exciting new Cheshire Suicide Prevention and Self-Care Project**

More Information

If you have any further questions about this project, or would like to get involved please call, text or email Catherine Parsons, Suicide Prevention Advisor at PAPYRUS

catherine.parsons@papyrus-uk.org

01925 572 444 or 07748 683085

Cheshire Suicide Prevention and Self Care Project – Volunteer Opportunity

<p>What is POPYRUS looking for from potential Volunteers?</p>	<ul style="list-style-type: none"> To participate in POPYRUS suicide prevention training ASIST (Applied Suicide Intervention Skills Training - 2 day programme) on either: Thursday 9th and Friday 10th March or, June 2017 (weekend in June – dates and venue to be confirmed) *Booking and attending both days is essential for volunteering To take a lead role in delivering the project in a chosen community (over 4-6 months, estimated time approximately 4 days) To organise and make it happen! To deliver a minimum of 1 suicide prevention activity in your chosen community Become a positive ambassador for POPYRUS and Cheshire Community Foundation Provide updates by phone, email and meetings with POPYRUS Interest from Under 35s to become part of a new Youth Forum which will design and deliver an exciting, new Self-Care Marketing Campaign for Young People across Cheshire <p>All volunteers must be 18+, complete and submit relevant paperwork prior to becoming a volunteer, including Application and Press Media and Consent forms.</p>
<p>What is the expected time commitment for Volunteers?</p>	<p>4 days - total estimated time commitment (over 4-6 months)</p> <p>1 hour – initial meeting with project lead (Cat Parsons) 2 days - Suicide Intervention Skills Training (ASIST) Up to 4 hours – Training and planning support for suicide prevention activity 3 hours - 1 Suicide Prevention Activity, the activity/length can be determined by you, agreed and supported by POPYRUS 2 hours - One to one and group evaluation meeting with POPYRUS 3 hours - End of Project event</p> <p>Optional 4 days - Youth Forum and Self Care Marketing Campaign for under 35s</p>
<p>What can you expect from becoming a POPYRUS Volunteer?</p>	<p>Papyrus Will:</p> <ul style="list-style-type: none"> Provide a POPYRUS induction, training and support Provide project related expenses to aid your participation in the project, mainly travel and food expenses Provide you with a resource ‘tool kit’ and other resources you need to support your suicide prevention activity and promotion of POPYRUS services Take a lead role in press and marketing for the project and consult with you before we include you and your activities in any press or online media Provide the Youth Forum with appropriate support from professionals to help deliver and facilitate the Self-Care Marketing Campaign for Young People across Cheshire <p>Please note a Disclosed Barring Service check is not required to volunteer.</p>

Get involved to help #SaveYoungLives and #TalkThroughTheTaboo of young suicide

More Information

If you have any further questions about this project, or would like to get involved please call, text or email **Catherine Parsons**, Suicide Prevention Advisor at POPYRUS

catherine.parsons@papyrus-uk.org

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