

## North West 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 and the **North West has the second highest number of young suicides** (188) across England and Wales. 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.** 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](http://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 **North West**?



This is a **great opportunity for North West 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 Red Sea Pedestrians have funded PAPYRUS to deliver a 12 month Suicide Prevention and Self-Care Project across North West 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 in the North West

**\*Please see overleaf for more details about how you can get involved and volunteer with this exciting new North West 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](mailto:catherine.parsons@papyrus-uk.org)

01925 572 444 or 07748 683085

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<p><b>What is POPYRUS looking for from potential Volunteers?</b></p>	<ul style="list-style-type: none"> <li>To participate in POPYRUS suicide prevention training ASIST (Applied Suicide Intervention Skills 2 day programme) in either: Saturday 25 and Sunday 26 March 2017 at Stockport, or Thursday 22 and Friday 23 June 2017 at Preston</li> <li><b>*Booking and attending both days is essential for volunteering</b></li> <li>To take a lead role in delivering the project in a chosen community (over 4-6 months, estimated time approximately 4 days)</li> <li>To organise and make it happen! To deliver a minimum of 1 suicide prevention activity in your chosen community</li> <li>Become a positive ambassador for POPYRUS and Red Sea Pedestrians</li> <li>Provide updates by phone, email and meetings with POPYRUS</li> <li>Interest from Under 25s to become part of a new Youth Forum which will design and deliver an exciting, new Self-Care Marketing Campaign for Young People across North West</li> </ul> <p><b>All volunteers must be 18+, complete and submit relevant paperwork prior to becoming a volunteer, including Application and Press Media and Consent forms.</b></p>
<p><b>What is the expected time commitment for Volunteers?</b></p>	<p><b>4 days total estimated time commitment (over 4-6 months)</b></p> <p>1 hour – initial meeting with project lead (Cat Parsons)</p> <p>2 days - Suicide Intervention Skills Training (ASIST)</p> <p>Up to 4 hours – Training and planning support for suicide prevention activity</p> <p>3 hours - 1 Suicide Prevention Activity, the activity/length can be determined by you, agreed and supported by POPYRUS</p> <p>2 hours - One to one and group evaluation meeting with POPYRUS</p> <p>3 hours - End of Project event</p> <p>Optional 4 days - Youth Forum and Self Care Marketing Campaign for under 25s</p>
<p><b>What can you expect from becoming a POPYRUS Volunteer?</b></p>	<p><b>Papyrus Will:</b></p> <ul style="list-style-type: none"> <li>Provide a POPYRUS induction, training and support</li> <li>Provide project related expenses to aid your participation in the project, mainly travel and food expenses</li> <li>Provide you with a resource ‘tool kit’ and other resources you need to support your suicide prevention activity and promotion of POPYRUS services</li> <li>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</li> <li>Provide the Youth Forum with appropriate support from professionals to help deliver and facilitate the Self-Care Marketing Campaign for Young People across North West</li> </ul> <p>Please note a <b>Disclosed Barring Service check is not required</b> to volunteer.</p>

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

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