SAVING YOUNG LIVES ONE GAME AT A TIME

Suicide is the biggest killer of young people – male and female – under 35 in the UK.

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.

How does your fundraising help?

£5 can fund a life saving contact to our helpline, HOPELINEUK.

£20 can pay for a resource pack aimed at supporting teachers.

£200 can cover the cost of training someone in Applied Suicide Intervention Skills (ASIST), which is a two day course that prepares caregivers to provide suicide first aid interventions.
We would encourage you to:

- Refrain from playing games that include suicide
- Refrain from playing games that include violence, abuse, alcohol, drugs, gambling and scenes of a sexual nature
- Refrain from playing first person Shooting games
- Play age appropriate games

How to keep yourself safe:

- People may open up to you about their own experiences with suicide, whether that be losing a loved one or struggling themselves. It is important that you signpost them to support and not take responsibility of fixing things for them. Hearing someone’s suicide story can be hard and you must look after yourself. Anyone struggling with thoughts of suicide can call our helpline, HOPELINEUK, on 0800 068 4141

- Be aware of the length of time you are playing the game for. We understand people like to have 24 hour gameathons but we encourage you to consider how you will maintain your wellbeing during this time.

If you have any questions about anything mentioned please contact the Fundraising Team at fundraising@papyrus-uk.org.

**DO**

1. Let our team Fundraising Team know if you have any ideas you’d like to discuss. Feel free to give us a call on 01925 572 444 from Monday to Friday (9am-5pm).
2. Use the ‘in aid of PAPYRUS’ logo. We can send a high resolution version to you.
3. Send the Fundraising Team any photos related to your event.
4. Talk about suicide safely. Talking openly and safely about suicide will help to #SmashTheStigma.
5. Tell us if you plan on giving a talk about your fundraising we can help with resources.
6. Make sure you have fun!

**DON’T**

1. Forget that we can support your fundraising in many ways.
2. Put yourself at risk. You may get people sharing stories about their connections to suicide. Remember you can signpost people to HOPELINEUK (0800 068 4141) for advice and support. For more information: papyrus-uk.org
3. Forget to Gift Aid donations.
4. Discuss method when talking about suicide. Avoid mentioning explicit details around method and locations in order to keep your conversations safe and sensitive.
How can we support you?

We have a dedicated Fundraising Team that can support you in your fundraising journey. You can contact the team via email on fundraising@papyrus-uk.org or call our office on 01925 572 444. Our team are available Monday – Friday, 9am – 5pm. Please be aware that during busy periods it can take up to five working days to reply.

We can provide you with this logo to put on any of your pages or posters. We do ask that you send any poster designs to communications@papyrus-uk.org for approval, before they are used.

We can provide you with a range of literature – available in English and Welsh. If you would like some literature please contact our Fundraising Team via email.

Literature can also be found at papyrus-uk.org.

We can provide media guidelines that will help you talk about suicide safely, as well as information about PAPYRUS which you can include on your online pages to tell your supporters about PAPYRUS.

We can provide you with videos that can be played before, during or after your event to help your audience understand more about PAPYRUS.
How to set up your fundraiser

Provide details of your fundraising activity to the Fundraising Team by emailing fundraising@papyrus-uk.org

Decide what games you want to play – please check these against our guidelines. The Fundraising Team are here to answer any questions you may have.

Set up your online fundraising page. Many of our fundraisers use Twitch as this can connect to a JustGiving page. For more information and help with setting this up please visit gaming.justgiving.com/. It can also link up with Tiltify. Visit our page to find out more https://tiltify.com/papyrus-uk. You can use whatever platform you prefer.

Tell people about your gaming fundraiser. You may choose to create posters using our ‘in aid of PAPYRUS’ logo. Social media posts are also a great way to engage with people. Make sure you tag us in your posts using @PAPYRUSUK (Facebook) @PAPYRUS_tweets (Twitter) @PAPYRUS_UK (Instagram). This way we can share your posts!

Get started! This is the fun part – just remember to keep yourself safe and direct people to HOPELINEUK if they need support.

After your event let us know how it went! We can send out thank you letters or certificates to say thank you for your amazing fundraising. We can also send you information on ways to donate if you need further support.
Useful facts and figures

FACTS AND FIGURES

Suicide is the biggest killer of young people – male and female – under 35 in the UK. In 2018, 1,866 young people died by suicide.

Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.

We draw from the experience of those who have been touched personally by young suicide across the UK and speak on their behalf through our campaigns and in our endeavours to save young lives.

We believe that with appropriate support and education, many young suicides can be prevented.

PAPYRUS IS THE NATIONAL CHARITY DEDICATED TO THE PREVENTION OF YOUNG SUICIDE

TALKING ABOUT SUICIDE

Suicide is not a criminal act. When talking about suicide and suicide prevention, we urge you not to use the term ‘committed suicide’

Changes made in the Suicide Act of 1961 decriminalised the act of suicide in the UK. It is not a criminal offence in the UK to take your own life. The word ‘commit’ treats it as it were still a crime, which perpetuates the stigma around suicide and can be offensive to bereaved families and friends. PAPYRUS encourages people to use terms such as ‘took their own life’ or ‘died by suicide’ when referring to a suicide.

When talking about suicide please consider, not only the grief of family and friends of the deceased, but other vulnerable young people who may be having thoughts of suicide and not coping with life at that time.

Explicit descriptions of suicide method (including describing where and how they died) can prompt copycat cases. This includes posting explicit content, such as images of self harm and suicide method, as well as locations where a suicide took place which can be easily identified.
SOCIAL MEDIA

Posting on social media is a fantastic way to boost your fundraising total, but please do be aware of what you are posting.

Please be aware that when you post any information or photographs online it becomes public information and the press may use it. If you are fundraising in memory of a friend, please check you have permission from their family to fundraise in their memory. Don’t put up images that you or the deceased’s family do not want shared. Once it is in the public domain it can be accessed and used by anyone anywhere in the world. This includes on your online fundraising page and on social media.

If you are setting up a Facebook page/event, or a website for your fundraising, we ask all our fundraisers to include the text to the right somewhere on their page, just to ensure that there isn’t any confusion around which social media platforms are the official PAPYRUS channel and which are third-party.

“I am fundraising in aid of PAPYRUS Prevention of Young Suicide. All monies raised will go to PAPYRUS, but I am acting in my own capacity. PAPYRUS is not responsible for the content on this page and accepts no liability. The views and articles shared on this page are not in any way endorsed by or advocated by PAPYRUS.”

If you wish to discuss anything mentioned in these guidelines or need further support please contact the Fundraising team via email on fundraising@papyrus-uk.org or if you wish to speak to someone please call 01925 572 444.

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice please call

**HOPELINE UK** 0800 068 41 41

*Text:* 07860039967  
*Email:* pat@papyrus-uk.org

THANK YOU FOR SUPPORTING PAPYRUS!