CHOOSING PAPYRUS DURING NCS

About PAPYRUS

DO’S + DONT’S

EVERYTHING YOU NEED TO KNOW!

Talking safely about suicide
Why choose PAPYRUS?

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

PAPYRUS is the national charity dedicated to the prevention of young suicide. We exist to reduce the number of young people who take their own lives.

Our vision is for a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts. To do this we need to smash the stigma around suicide. Our training helps equip communities with the knowledge to talk openly and safely about suicide.

HOPELINEUK is a confidential support and advice service for young people under the age of 35 who are experiencing thoughts of suicide and anyone concerned about a young person.

By choosing to support PAPYRUS you will help us to carry on providing our life-saving services and help make a difference to many young lives by raising awareness within your own communities!

For more information please visit papyrus-uk.org
Great! You have chosen PAPYRUS, but what now?

It is fantastic to hear your NCS group have decided to do a project for PAPYRUS and support the work we do. Thank you so much for choosing to help support young people struggling with thoughts of suicide. Your project will help make a difference to many young lives.

In this pack you will find everything you need to make your project incredible!

We understand suicide can be a difficult subject for many people to talk about. Use this project as a chance to check in with your team members, friends and family and ask them how they are feeling. Throughout the project, make sure you create a space that teammates can express their feelings and also allow people to take a moment away from the project if it is needed. Your group’s safety comes first before anything else - don’t forget that!

Step by step guide

To help make your project run smoothly we have put together a step by step guide for your group so that you can get the most out of your project.

It is important you stick to these steps and follow our guidelines to ensure that your project follows our rules, regulations and is tackling stigma around suicide safely.
As a team why not complete a walk or run? You can set the time, date, and distance to suit your team and ask people to sponsor you. If you want to get more people involved you could even organise a virtual walk/run. This would mean you organise a date and time where everyone taking part runs/walks at the same time and gets sponsored for it. This is great if you want people up and down the country to join in.

Step 1: Choose Your Project

Choose one of the below projects to complete. You must choose from the options provided, as we cannot support you if you choose to make up your own!

Fundraising projects

Virtual Quiz

Virtual quizzes are a great way to bring people together and raise money for charity. It is simple to do. All your group needs to do is download our quiz template at https://papyrus-uk.org/fundraising-resources/ and as a team think of questions! Please keep these questions fun and avoid any related to suicide. Advertise your quiz and decide if to charge entry per person or per team!

Walk/Run

As a team why not complete a walk or run? You can set the time, date, and distance to suit your team and ask people to sponsor you. If you want to get more people involved you could even organise a virtual walk/run. This would mean you organise a date and time where everyone taking part runs/walks at the same time and gets sponsored for it. This is great if you want people up and down the country to join in.
Selling items on a stall can be a great way to raise money in a couple of hours. You could sell cakes, sweets, old items, host a tombola or guess the number of sweets in the jar. You can sell anything you like on your stall as long as it has no association to suicide, mental health and follows regulations related to selling items. This can be found in our fundraising toolkit https://papyrus-uk.org/fundraising-resources/

Music can be a great way to spread HOPE and cheer people up. Does anyone in your group play an instrument or do you know any musicians? If you do why not put on a live streaming concert? During the live stream don’t forget to share details of your fundraising page so people can support you. We do also ask that you do not talk about suicide during this live stream and that you do not choose any songs associated with mental health or suicide.

Please remember it is up to you to check and follow government guidelines and regulations during your fundraiser.

Raising awareness of PAPYRUS is essential to helping smash the stigma around suicide and creating suicide safer communities. If fundraising isn’t what your group wants to do, then choose a project below to help raise vital awareness and save young lives!
Emergency Appeal

We know that there are many others who are struggling and who do not know about HOPELINEUK, or they have not yet found the courage to pick up the phone. We are appealing to you to simply share our messages of HOPE. By sharing our message, you can create a safe space for young people to reach out for help. By sharing our message, you are reminding your friends, relatives and colleagues that PAPYRUS is here. For more information and downloadable graphics visit https://papyrus-uk.org/emergency-appeal/

Tik Tok Video

Tik Tok is a great platform to help raise awareness of PAPYRUS. You can either join in our #KeepTheConversationRolling campaign OR you can use your imagination to create your own videos. You can find our #KeepTheConversationRolling videos on the PAPYRUS Tik Tok account @papyrus_uk. If you decide to create your own videos, you must follow our media guidelines and check your idea over with a member of our team before posting it.

Literature

Distributing our literature is an extremely important aspect of helping to raise awareness of PAPYRUS and the services we provide. We are able to provide you with literature that you can place in your local schools, doctors, libraries etc.
Step 2: Let us know

Before going ahead with your chosen project you must let us know about your NCS project. Your team needs a designated team leader, over the age of 16, to inform us of your project by filling out the form found at www.papyrus-uk.org/ncs/.

Make sure your team leader fills out the form with as much information as possible about your event. This means we are able to get useful resources to you as soon as we can, so you can get on with planning your fantastic event!

Do not contact our team directly unless we do not reply to your online form within 5 working days. We will only contact your team via the email address you provide so please check this is correct before submitting. This allows us to keep track of the NCS teams supporting PAPYRUS and make sure we provide your team with the best support we can.

Things to consider when filling out our online form

- The person filling out the form MUST be over the age of 16.
- If requesting literature we need at least 2 weeks notice to get it to you on time.
- If you have any questions you need answering please ask them in the ‘Extra information’ box on the form.
Before going ahead with your project it is important to check it doesn’t go against any of our guidelines. These guidelines have been put in place to ensure your project is safe for your team and others. If you are unsure on anything that has been stated or would like to check your project meets our guidelines please get in touch. We would love to help! You can contact us by emailing fundraising@papyrus-uk.org.

Step 3: Check Our Guidelines

Media Guidelines

When talking about PAPYRUS or suicide on social media, videos and in the media it is crucial you follow our media guidelines. These can be viewed at https://papyrus-uk.org/guidelines-for-journalists-reporting-suicide/ These will help you smash the stigmas around suicide in a safe way.

**DO**

1. Let our 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). If you are under 16 please get someone over 16 to contact us on your behalf. We also recommend getting one contact person for your group rather than the whole team trying to contact.

2. Use the ‘in aid of PAPYRUS’ logo. We can send a high resolution version to you.

3. Get your team leader to fill out our online form letting us know your group is doing a project for us.

4. Talk about suicide safely. Talking openly and safely about suicide will help to #SmashTheStigma.

5. Check in with your team mates regularly to make sure they are okay - suicide can be a difficult subject.

6. Make sure you have fun!

**DON’T**

1. Do not use our logo. We will provide you with an ‘in aid of PAPYRUS’ logo if you need it.

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. Create online pages under the PAPYRUS name. Pages should be made under your or your teams name.

4. Discuss method when talking about suicide. Avoid mentioning explicit details around method and locations in order to keep your conversations safe and sensitive.

5. Contact us needing literature/merchandise later than 2 weeks before a project. To make sure we get what you need to you on time we need 2 weeks or more notice.
Step 4: Check Your Checklist

To help make your project successful it may be handy to create a team checklist. This checklist can be made up of tasks you need to complete before your project is ready to go. Below we have created a few checklists you need to complete before your event can go ahead. Print them out and add your own to it!

- Chosen a project that is shown in this pack.
- Our project is going to be...
- Our team leader has filled out the NCS project form found at (insert link) letting PAPYRUS know about the project we have chosen.
- After being contacted by a PAPYRUS member of staff we have let them know of any support we need at least 2 weeks in advance. For example literature.
- We have read over and made sure our project meets guidelines and is tackling stigma around suicide safely.
- We have checked in with our team members and close community to help open up the conversation around suicide and create a safe working environment, as suicide can be a difficult subject.

Add your own here
Step 5: Complete your project

This is the exciting part!

It is finally here! The project you have been working really hard to plan is today. Don’t forget to enjoy it.

Remember to follow our guidelines and your project will be incredible! We would love to see photos of your project and please let us know if we have permission to use them on social media, as we love to shout about the amazing projects our supporters do!

3 AMAZING outcomes from your project

- Raise vital awareness of PAPYRUS and the life-saving services we provide
- #SmashTheStigma around suicide in your local community
- Funded a potentially life-saving call, text or email to HOPELINEUK for every £5 you have raised

We would love to get a thank you out to you! By supporting PAPYRUS you will have helped support many young people struggling with thoughts of suicide. That is an incredible achievement and your whole team should be really proud of what you have achieved! All that is left to do now is let us know how your project went then put your feet up and relax.
If you want to complete an NCS project in aid of PAPYRUS then you must get your team leader to read the information and fill out the form (insert link). A member of the team will then get in contact with you. Please do not contact us unless we take longer than 5 working days to respond to your project.

If you are under 16 and want further information on PAPYRUS or would like to fundraise for PAPYRUS outside of NCS please get an adult to contact on your behalf. This can be your parent, guardian or school teacher. Please email fundraising@papyrus-uk.org.

You can also find out more about PAPYRUS including help and advice resources at papyrus-uk.org.

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for free confidential support and practical advice.