Get in touch

**PAPYRUS** Prevention of Young Suicide is the UK charity dedicated to the prevention of young suicide.

**Patrons:**
Rt Hon David Hason
Rt Hon David Heathcote-Amory
Sir Norman Lamb

A list of PAPYRUS Trustees is available on our website.

**HOPELINEUK** is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide, or anyone concerned about a young person. For suicide prevention advice contact **HOPELINEUK:**

Call: 0800 068 41 41
Text: 07860 039 967
Email: pat@papyrus-uk.org

Opening hours: 9am to midnight, every day.
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Welcome, from our Chief Executive

2019/2020 has been a year of growth for PAPYRUS Prevention of Young Suicide. From opening a HOPELINEUK hub in Wales, to launching HOPECAST (our regular podcast series), to celebrating our 23rd year by launching our virtual HOPE23 event, it has been a year of real development.

HOPE sits at the heart of PAPYRUS. HOPE is the thread running throughout everything that we do. In 1997, when our founding parents united to create the Parents Association for the Prevention of Young Suicide, they were united by their personal experience of losing a young person to suicide, and by the HOPE that refuses to acknowledge that suicide is inevitable.

The work of our Regional teams is crucial to our mission. In the North West of England, The Midlands, London and in Cardiff, we have been able to engage with thousands of people who are now more aware of the scale of young suicide in the UK and are now often much more confident in playing their part in suicide prevention, aided by our wonderful trainers and volunteer coordinators.

Having previously run HOPELINEUK from North Wales in years past, this year PAPYRUS established a national office in Wales. Launching our second HOPELINEUK hub in the UK, the first being in the North West of England, PAPYRUS has been keen to establish further outreach activities across Wales and has made great headway on that in this last financial year.

As 2020 began, PAPYRUS moved forward with its plans to have a presence in Northern Ireland, appointing a lead member of staff there in Spring. We are really looking forward to building our PAPYRUS family in Northern Ireland over the coming years.

As 2020 began, PAPYRUS moved forward with its plans to have a presence in Northern Ireland, appointing a lead member of staff there in Spring. We are really looking forward to building our PAPYRUS family in Northern Ireland over the coming years.

We have led the way in offering HOPE to young people experiencing thoughts of suicide and concerned others by actively engaging in strategic policy development across England and Wales. As an active member of HM Government National Suicide Prevention Strategy and Advisory Group and the National Advisory Group in Wales, PAPYRUS is at the heart of policy change and decision-making when it comes to suicide prevention. Our teams contribute greatly to the local and regional suicide prevention partnerships across the UK. We have also been asked to act as consultants to a number of suicide prevention strategic partnerships in Scotland.

As well as launching campaigns through our social media platforms and across the media to raise awareness for suicide prevention, we have worked closely with groups across the UK – including faith-based organisations – to create suicide-safer communities for and with young people. Through our training offer, conference keynotes or seminars, the PAPYRUS team has worked with hundreds of communities to create a personalised approach to suicide prevention.

I would like to personally thank each and every person who raised funds or awareness of PAPYRUS, this year. Our fundraisers are the backbone of PAPYRUS and our mission across the UK. From hosting barn dances and boxing nights, to running, walking, cycling and everything in between, thank you from PAPYRUS!

This year has also been a difficult one for many. On 23 March 2020, the UK entered lockdown due to the growing COVID-19 pandemic, instantly severing ties to family, friends and loved ones, not to mention mental health services that act as a lifeline to many young people across the UK. I’m extremely proud of our HOPELINEUK team for ensuring that our life-saving service has remained operational for everyone who needs us, as we collectively navigate these uncertain times.

As we start to come to terms with a new reality, I want to reiterate that HOPELINEUK is here for any young person who is experiencing thoughts of suicide, and those concerned for a young person. We are also here for professionals who have had an encounter with suicide and need to debrief with one of our suicide prevention advisers.

We are all in this together, we may not all be in the same boat, but we are all weathering the same storm – and the incredible actions of our fundraisers and followers, staff and supporters since the lockdown began, has offered HOPE to many along the way.

Warmest wishes

GED FLYNN, Chief Executive
An introduction from our Chair of Trustees

It is a great honour for me to write this introduction to this year’s PAPYRUS Annual Review as Chair of Trustees. I owe my involvement to this remarkable charity to my elder son, Patrick, who took his own life in 2015 at the age of 25.

Becoming involved with PAPYRUS and being able to contribute to the crucial cause of preventing the appalling tragedy of young suicide is now the main focus of my life. It is so inspiring to work alongside trustees, staff, volunteers and supporters who share the passion to achieve our life-saving goals. This review gives an insight into the significant progress we are making thanks to the amazing work of the whole PAPYRUS community.

As Chair for just one year, I know that I follow in the illustrious footsteps of Stephen Habgood (Chair from 2010-2019) and Ann Parry, one of the founding parents of PAPYRUS, following the death by suicide of her son, Lewis. Sadly, Ann died just before last year’s AGM. She had served as Chair from 2000 until 2010, was a key driving force behind the founding of HOPELINEUK in 2005, and appointed our current chief executive, in 2010.

In April of this year, we were saddened to hear of the death of Lauren Williams. Lauren lost her son, Chris, to suicide in 2011 and became a trustee of PAPYRUS in 2013. A solicitor by profession, Lauren’s sharp legal mind was a great asset to the Board. We all miss her greatly.

The unprecedented challenges presented by Covid 19, which have caused so much misery to so many lives, make the work of PAPYRUS ever more important. Thank you all for your continued commitment to the cause.

Harry Biggs-Davison
WHO WE ARE

Founded by a group of bereaved parents in 1997, PAPYRUS Prevention of Young Suicide is the UK charity whose sole focus is in its name.

Our founding parents shared core beliefs that suicide is preventable, and those of us for whom it is a lived experience have a particular contribution to make to the suicide prevention agenda. Our stories, and those of our children and young people, create an important narrative which can help change society, protect life and prevent future suicides.

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

In the last few years, the rate of young suicide in the UK has been increasing. With many of these deaths being preventable, this a national scandal.

We want to support, equip and influence communities across the UK, through training, awareness raising and working on UK policy change, to reduce the number of young suicides and to ENABLE LIFE.
Our vision
PAPYRUS envisions a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

Our mission
PAPYRUS exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress.

We believe that no young person should have to struggle alone with thoughts of suicide. Because of this we work hard to support, equip and influence people and communities across the UK.

Values and beliefs
PREVENTION: Many young suicides are preventable.

PASSION: Those who are touched personally by a young suicide have a unique contribution to make to our work.

HOPE: No young person should have to suffer alone with thoughts or feelings of hopelessness, and nobody should have to go through the heartbreak of losing a young person to suicide.

LEARNING: Everyone can play a role in preventing young suicide.
WHAT WE DO

PAPYRUS is the UK charity dedicated to the prevention of young suicide. Our mission is to reduce the number of young people taking their own lives by creating suicide-safer communities.

We do this in three ways: supporting people struggling with thoughts of suicide and concerned others, through our suicide prevention helpline, HOPELINEUK. Equipping communities with the skills needed to save young lives, through our specialised training programmes. And we influence policy makers to make the United Kingdom a suicide-safer place.

HOPELINEUK

HOPELINEUK is a free confidential phone, text, and email service that is open 365 days of the year. Our trained suicide prevention advisers provide support to those struggling with thoughts of suicide as well as concerned others such as, but not limited to; parents, teachers, GPs, and pastoral staff.

HOPELINEUK also offers a debriefing service which can be accessed by anyone who has had an experience of, or encounter with, suicide and needs to talk it through with one of our trained advisers.

If you or anyone you know is struggling with thoughts of suicide please call HOPELINEUK on 0800 068 4141, email pat@papyrus-uk.org or text 07860039967. Our advisers will give you advice on coping with thoughts of suicide or how to start a conversation with a young person.

TRAINING

PAPYRUS equips communities with the skills needed to create a suicide-safer environment for young people. We offer four suicide prevention training programmes: SP-ARK, SP-OT, SP-EAK, and ASIST.

Our training gets people talking safely and openly about suicide, and offers guidance on how to support someone who may be struggling with thoughts of suicide. Further information on our training can be found on page 12 and on our website www.papyrus-uk.org

See HOPELINEUK on page 8
INFLUENCING POLICY

We influence government policy around suicide prevention. And make a significant contribution to the local and regional implementation of UK-wide suicide prevention strategies.

Our campaigning is an extension of our passion as individuals, parents, families and communities who have been touched personally by young suicide.

We press for change using hard-hitting campaigns (see page 16). As well as presenting evidence to those in power so that lessons can be learned and learning implemented to help save more young lives across the United Kingdom.
HOPELINEUK is our accredited suicide prevention helpline which supports young people, aged 35 and under, experiencing thoughts of suicide, as well as those who may be concerned for a young person.

Open 365 days per year, HOPELINEUK provides a free, confidential call, text and email service for anyone who needs to talk to a specialist suicide prevention adviser. We provide a safe space for those considering suicide to speak openly about their feelings, and work with callers to implement a suicide safety plan to keep them safe for now.

30-40% of calls to HOPELINEUK are from concerned others.
One of the unique aspects of HOPELINEUK is that we provide a service not just for those experiencing thoughts of suicide but also an advice service for concerned others and professionals.

Calls from concerned others account for between 30-40% of our telephone contacts. Supporting concerned others via HOPELINEUK fits with both our vision and mission in creating a society that is equipped to talk safely about suicide and helping communities to respond to suicidal behaviours.

HOPELINEUK provides a safe space for concerned others to explore the situations they have faced when supporting someone they love who feels suicidal. Some contacts may be doing this for the first time, or to support a loved one who regularly lives with thoughts of suicide.

We create a space that is supportive, informative and challenging. We give time for a concerned other to be honest, be emotional and be real. If we can give a caller a chance to say how they really feel, they’re more likely to be able to support their loved one safely as they’ve had their needs met. We can also empower though advice, exploration of the situation and signposting to relevant services.

HOPELINEUK also offers a specialised debriefing service for anyone who has had an experience of suicide and needs to talk it through with one of our trained suicide prevention advisers. This is especially useful for those working in professions where they might encounter suicidal experiences such as doctors, health care professionals, first responders, teachers and therapists, and who may not get the chance to debrief afterwards. We give professionals not only advice, but a safe space to focus on their emotions regarding working with suicide.
We are incredibly proud to be awarded the Helplines Standard accreditation, recognising the effectiveness and quality of planning and running HOPELINEUK; the service we provide and recruitment and management of staff.

The Helplines Standard accreditation is a nationally recognised quality standard which defines and accredits best practice in helpline work. The accreditation award is a recognition of the dedication, empathy and professionalism shown by the HOPELINEUK team, indicating that we are effectively meeting the needs of service users, advisers, funders and everyone coming into contact with HOPELINEUK.

It is an award respected by funders, and provides HOPELINEUK with credibility on a UK-wide level. Being publicised on the Helpline Partnership website and in other media provides us with more visibility – helping to spread the message that HOPELINEUK is here to support you if you are feeling suicidal, or are concerned that somebody else is.

The accreditation has increased staff motivation and confidence – we know we do a good job, but it is good to be recognised as doing so. We are excited about the opportunities that will grow for HOPELINEUK as a result of achieving this accreditation.
This year, we expanded our HOPELINEUK network and opened a hub in Wales, as part of our commitment to provide support for young people experiencing thoughts of suicide, and concerned others.

We have been busy training our suicide prevention advisers, who are now a part of a bigger team of passionate and dedicated advisers working on HOPELINEUK. In opening a second hub in Cardiff, we are reaching a wider community, helping us to respond to the ever increasing number of calls, texts and emails that we get through to HOPELINEUK.

We have been overwhelmed by the support for the hub opening in Wales and feel confident that our relationships with all that we meet along the way, will help us to continue to smash the stigma surrounding suicide and continue to provide the best support we can when our callers reach out to us.

“THANK YOU FOR LISTENING TO ME AND FOR YOUR PATIENCE, I DO FEEL LIGHTER NOW AND SAFER THAN BEFORE.”
– HLUK CALLER

“THIS IS THE SECOND TIME I HAVE CALLED YOUR SERVICE AND YOU GUYS ARE BRILLIANT. THE TWO CONVERSATIONS WERE DIFFERENT BUT YOU OFFER SO MUCH UNDERSTANDING. YOU REALLY ARE AMAZING. THANK YOU.”
– HLUK CALLER

“THANK YOU SO MUCH, GENUINELY. I WAS SO SCARED FOR MYSELF BEFORE. I’VE HAD THIS CONVERSATION AND I FEEL COMPLETELY DIFFERENT. THANK YOU.”
– HLUK CALLER

15% INCREASE IN CONTACTS TO HOPELINEUK IN 2019/2020 (COMPARED WITH 2018/2019)
Suicide is everybody’s business and only by engaging everyone can a community become suicide-safer.

We have designed a suite of suicide prevention training packages to suit different needs and audiences with additional content from LivingWorks education. Our training can be delivered directly to your organisation, group or workplace. Alternatively, you can attend a PAPYRUS-organised workshop, which are delivered across the UK.

“I’M NOW GOING TO VOLUNTEER WITH PAPYRUS AS A DIRECT RESULT OF THIS TRAINING, SO THANK YOU!”
– TRAINING PARTICIPANT

“I ENJOYED THE TRAINING AND FEEL THAT THIS WOULD BE OF BENEFIT TO ALL SOCIAL WORKERS.”
– TRAINING PARTICIPANT
SP-ARK – (SP-ARK’ed, e-delivery)

Delivery time: 30 minutes
An introduction to suicide prevention skills

Key objectives:
• To raise awareness of suicide and suicide prevention
• To promote PAPYRUS, what we do, how you can help and how we can help you
• To develop HOPE for a suicide-safer community
• To understand the importance of self-care

SP-OT – (SP-OT’ed, e-delivery)

Delivery time: 90 minutes
What EVERYONE needs to know

Key objectives:
• To become more aware of the prevalence of suicide
• To examine personal and societal beliefs around suicide
• To understand PAPYRUS’s core beliefs around suicide
• To consider how we can all contribute to a suicide-safer community

SP-EAK – Suicide Prevention Explore, Ask, Keep-safe

Delivery time: 3.5 hours
An introduction to suicide prevention skills

Key objectives:
• To recognise the signs that may indicate someone is having thoughts of suicide
• To talk openly about suicide with that person and how we ask about those thoughts
• To understand how to listen to someone talking about suicide, and why that’s important
• To support a safety plan with someone thinking of suicide

“The training was very useful as I have felt that our staff are reluctant to talk to people (students or other staff) about their mental health, and especially about suicide, in case they “get it wrong” or “make it worse”. This training was very clear and very helpful to staff in enabling them to talk to those with mental health issues and / or who are suicidal.”
ASIST – Applied Suicide Intervention Skills Training

Delivery time: two days
Suicide first aid – how to help someone to save their own life

Key objectives:

- Consider personal and societal attitudes to suicide
- Enable you to spot the signs that someone may be having thoughts of suicide and engage them in a safe, appropriate and non-judgemental way
- Seek a shared understanding of the reasons for thoughts of suicide and identify reasons for living
- Review current risk and develop a joint plan to keep someone safe from suicide
- Follow-up on all safety commitments, signposting for further help and community resources as needed

The ASIST training from PAPYRUS gives you the skills and confidence to have frank discussions with students who are having suicidal thoughts. The training enables you to take the conversation through from identifying whether a student is contemplating suicide to picking up on turning points in their thinking to keeping them safe for now. I was able to use the framework three days after I had completed the training and that student is now safe.

– ASIST training participant

PAPYRUS’s training is priceless. I have had cause to use my ASIST training again today and have used it regularly since completing the course. Can’t recommend their training and support enough. Every workplace should consider training at least two people.

– ASIST training participant
In 2019, we delivered our SP-EAK training to the Royal Military Police at its Defence School of Policing and Guarding near Portsmouth. Over 100 military personnel took part in the training, and the sessions were particularly pertinent due to the number of military recruits who attempt to, or die by, suicide; and highlighted the importance of suicide prevention within the military.

In March 2020, we delivered our SP-EAK training to the Mind The Gap project, an initiative run by Sport Cardiff and Ty Canna Mental Health Outreach, which looks at the benefits of social prescribing for mental health.

Building upon the identified services that Sport Cardiff are facilitating through the Mind The Gap project, officers have been able to provide an upskilling opportunity, to engage local sports clubs in SP-EAK training that aims to engage coaches and local sports deliverers.

The training was delivered by PAPYRUS, surrounding the recognition of signs and how to approach a potential suicide situation, whilst being able support the safety of an individual in their respective environments. The super club coaches and sports-based practitioners were able to acknowledge and discuss these elements in a sporting context and how it may be applicable within their settings. Sport Cardiff officers are now working to formalise this training as part of the Mind The Gap accreditation; whereby attendees will be required to follow this up with Mental Health First Aid training, in order to become a recognised Sport Cardiff Mind The Gap trusted club in the community.

To book a place on one of our training courses, please visit our website: papyrus-uk.org/training

To organise a presentation or training please email training@papyrus-uk.org or call 01925 572 444
This year, PAPYRUS has lead the discussion around suicide prevention through a number of creative and captivating online campaigns.

From raising awareness of Children’s Mental Health Week, to sharing our supporter stories on World Suicide Prevention Day, we’re making suicide part of everyday conversation.

Talking about suicide is the first step towards breaking down the stigma; this year’s campaigns have focused on exam stress, self-care, promoted kindness, and have dealt with issues surrounding isolation and uncertainty, due to the COVID-19 pandemic.
#Don’tGiveUp
For Lent 2019, we ran our #Don’tGiveUp campaign, which was designed to remind people that HOPELINEUK is here for them, and promoting our call, text and email services.

Exam stress
Our ‘Alex is ere’ campaign was designed to reach students and young people who were suffering with exam stress and encouraged them to contact HOPELINEUK if they were struggling.

Sky Sports
For World Suicide Prevention Day 2019, PAPYRUS teamed up with Sky Sports to deliver our life-saving messaging to staff and hear from those who have been bereaved by suicide.
Children in Need

For Children’s Mental Health Week 2020, we teamed up with Children in Need, who created a short animation for us explaining how your support helps PAPYRUS to prevent young suicide.

Ryan Ferguson
World Suicide Prevention Day

Don’t get caught in the web
World Mental Health Day

Don’t get caught in the web

FACEBOOK
138
SHARES
59,232
REACH
815
ENGAGEMENT

FACEBOOK
60
SHARES
11,268
REACH
476
ENGAGEMENT

TWITTER
33,018
IMPRESSIONS
111
ENGAGEMENT

TWITTER
6,965
IMPRESSIONS
91
ENGAGEMENT

INSTAGRAM
102
LIKES
2,616
REACH

Ryan Ferguson
World Suicide Prevention Day

“I remember losing the instruction manual to life and seeing no way out.”

Every day on HOPELINEUK we hear from young people struggling to stay alive. Today, on World Suicide Prevention Day, Ryan wants to share his story about the advice and support that helped to save his life. Read his blog here: https://www.papyrus-uk.org/the-phone-call-that-saved-my-life - it costs just £5 for us to take a potentially life-saving call. Donate now to help us save more young people like Ryan.

Ryan Ferguson
#WorldSuicidePreventionDay

FACEBOOK
306
SHARES
192,389
REACH
35,000
ENGAGEMENT

TWITTER
6,357
IMPRESSIONS
204
ENGAGEMENT

INSTAGRAM
369
LIKES
3,532
REACH

Don’t get caught in the web

The digital world can be a positive place for many young people. We also hear on HOPELINEUK that many young people struggle due to online pressures.

Don’t get caught in the web. Watch our video which explains the dangers of the web and support you can access.

#WorldID #SavingYoungLives #Don’tGetCaughtInTheWeb
Be your kind of brave
Children’s Mental Health Week

Emulating the feel of a superhero comic book, our Be your kind of brave campaign was aimed at children and young people and encouraging them to talk about their feelings, and that being vulnerable is an act of bravery.

Be kind
For Random Acts of Kindness Day 2020, we created a campaign around the importance of being kind to yourself and others.

Self-care during times of uncertainty
With the COVID-19 pandemic creating a sense of unease and uncertainty across the UK, PAPYRUS continued spreading messages of HOPE. Our focus as the country went into lockdown was to help people practice self-care in order to boost both their physical and mental health.
#KeepTheConversationRolling

The UK went into lockdown on the 23 March 2020, and we knew that a lot of people would feel isolated and vulnerable during these uncertain times.

We created our #KeepTheConversationRolling challenge to start a chain of HOPE, and to make sure that people carried on communicating with each other during the lockdown.

Our campaign was picked up by lots of people who shared their messages of HOPE with the world via social media, including the BBC’s Dr Radha Modgil and author and mental health campaigner, Johnny Benjamin.
CAMPAIGNING FOR POLICY CHANGE offers HOPE

PAPYRUS has been campaigning for greater safety online since World Suicide Prevention Day, September 2006, when it called on the Government to outlaw internet use to incite or encourage others to take their own lives, or to provide information on how to die by suicide.

In June 2019, HM Government published its white paper Online Harms on online safety. PAPYRUS welcomed the position of The Home Office and the Department for Digital, Culture, Media and Sport on making UK’s access to the internet ‘the safest in the world’.

In February 2020, Ofcom was appointed as the Online Harms Regulator, and announced that social media companies will have to sign up to a mandatory duty of care.

Northern Ireland
In September 2019, the long-awaited Protect Life 2 suicide strategy was published by Northern Ireland’s Department of Health.

As a leading charity in prevention of young suicide we welcomed the initiative and the department’s pledge to substantially reduce suicide deaths. PAPYRUS chief executive, Ged Flynn, attended the World Congress of the International Association for Suicide Prevention in Derry.

By working together to deliver suicide prevention services and support, we shall not only – and vitally – raise awareness that there is help available to all young people in Northern Ireland who may be struggling with thoughts of suicide, but reduce the number of young deaths year on year. For every death by suicide there are families, friends and colleagues whose mental health is impacted by loss. PAPYRUS can help to prevent this.

Public Health Wales’s Child Death Review Programme
In December 2019, the findings from a long awaited publication led by Professor Ann John of Swansea University offered clear opportunities to introduce interventions that could help to save young lives. The review, part of Public Health Wales’s Child Death Review Programme, examined the deaths of 33 children and young people aged between 10-17 years who died in the last five years, likely by suicide.

“I am pleased that HM Government has listened to PAPYRUS about the very real risks of young people being influenced by online content which can contribute to their suicide. This strategy might well help save the lives of some of the most vulnerable children and young people in the country.”

Ged Flynn, PAPYRUS chief executive.

“The challenge now is for those of us in a position to influence and change policy in Wales to really push for those opportunities to be embraced with vigour, determination and urgency. We owe it to the young people who died by suicide and to those young people who are still with us and need our support.”

Kate Heneghan, Head of PAPYRUS in Wales, reflected on the opportunities offered by the report.
2019-20 has been a great year for building relationships within the media. For many outlets, PAPYRUS is the authoritative organisation for journalists and producers looking for expert opinion on young suicide prevention.

We appeared in the printed media on 3,414 separate occasions over the course of the year – a potential reach of over 50 million people every month. The growing awareness of our work, and of suicide prevention in general, helps de-stigmatise suicide, increases the number of people who contact HOPELINEUK, and ultimately helps to save young lives.

We regularly hear from HOPELINEUK callers who have discovered PAPYRUS from one of our media appearances. Mainstream media outlets provide a key outlet for sharing our message of hope. Over the past 12 months we have appeared on SKY, BBC, LBC, The Sunday Times and The Guardian. Alongside this, PAPYRUS has increased its presence among independent, local and special interest media outlets.

Sensitive media coverage
We continue to work with journalists and the wider media to ensure that suicide is talked about safely and sensitively. We help journalists understand how to cover the topic of suicide, responsibly and why it is important not to use excessive detail.

“Campaigners are warning proposed new internet safety laws could undermine freedom of speech. The Government wants websites to be harmed or blocked if they don’t tackle harmful content such as terrorist propaganda or child abuse. Ged Flynn is from the suicide prevention charity PAPYRUS he says anything which helps protect vulnerable people is positive: ‘They often say to us they can’t speak about this to anybody because the suicide taboo and often their only recourse is to look online and if their first hit is a recipe site telling them how to and when to and why to then surely today’s move towards regulation is a welcome one.”

Ged Flynn, PAPYRUS CEO on the BBC’s Victoria Derbyshire show
The pressures young people face around examinations has been a key focus of our media appearances. In July 2019, we held an exams livestream with ITV’s Granada Reports, where viewers could send their questions directly to HOPELINEUK Suicide prevention advisers. We also appeared on BBC Radio 1’s Life Hacks podcast, discussing the issue of suicide amongst young men, with Dr Alex George and Dr Radha Modgil.

We saw a **321,925%** increase in traffic to the PAPYRUS website, after KSI – the British YouTuber with over 20 million followers – signposted to PAPYRUS in one of his videos. KSI went on to donate £20,000 to support the work of PAPYRUS.

Derry Girls actor, **Dylan Llewellyn**, won BBC Celebrity Mastermind, raising £3,000 for PAPYRUS, thanks to his unbeatable knowledge of the films of Quentin Tarantino.
We launched our podcast, HOPECAST, in September 2019 following World Suicide Prevention Day. At PAPYRUS, we are always looking to reach new audiences, and through HOPECAST we are working to make suicide part of everyday conversations.

Seven episodes of HOPECAST are now live across several streaming platforms including Spotify, and feature engaging conversations with a range of figures, from suicide survivor and mental health advocate Jonny Benjamin to Megan Jayne Crabbe, a leading voice in the body positivity movement.

Across Soundcloud and Spotify we’ve had over 500 streams. We’re proud to have built a community of listeners who are joining the conversation, and helping us to break down the stigma surrounding suicide.

In February 2020, we met with Jonny Benjamin in London to talk about subjects ranging from his struggle with his diagnosis of schizoaffective disorder when he was young to his love of Peter Kay and the Simpsons.

We had a great chat with Megan Jayne Crabbe (AKA Bodyposipanda) about her advice for young people and how she practices self-care whilst also trying to help people through their struggles.
PAPYRUS Ambassador, Phoebe Torrance, spoke with us about writing and directing the award-winning short film, *Grounds*.

We joined sisters Angela and Helen in Liverpool for delicious baking and an extensive chat exploring the story behind the BBC documentary *Life after suicide*.

Former Miss England, and PAPYRUS Ambassador, Alisha Cowie, met with us in picturesque Durham to share her insights on going to university and changes that have developed in the world of pageantry.

Sports journalist, Ryan Ferguson, shared his personal experience of using HOPELINEUK for support with suicidal thoughts (for more on Ryan's powerful story – see p52-53).

Some snippets from the HOPECAST series so far...
This year, PAPYRUS was crowned Fundraising Team of the Year at the North West Charity Awards, and we couldn’t be prouder to receive this award, and it’s with the help from all our supporters that we were recognised. PAPYRUS would not exist as it does today without all the efforts and support from those that fundraise for us, and we are very aware that most of our donations that we receive are given in memory of a loved one that has been lost to suicide.

2019-2020 has been a year of astounding growth in fundraised income and one which has seen many different types of events taking place to raise money for us and many different methods of getting that money to us. We currently have over 20 different online platforms who channel your valuable donations to us.

It’s amazing to think that 23 years ago we were very proud to announce in our newsletter that PAPYRUS had opened its first bank account and that the opening balance was £125.60.

It is often the fabulous big donations or the lovely glitzy events that make it into our news section on the website, but we are very aware of all of those people who have loyally been supporting PAPYRUS for years, giving just a few pounds every month – some of them anonymously – so we can’t thank them publically.

So this is for all of you that support us, however you do it, however much you raise – a massive and heartfelt thank you!
Our income for 2019/20

Over half of our income was from an online source: 51% of our total income for 2019/20. 5% of our overall income came from Gift Aid claims.

The different online sources are broken down below:

Total online income: £1,541,049.04

- Individual Giving: 43%
- Just Giving: 41%
- Blackbaud (Web site donations): 5%
- Corporate Online (mixture of payroll giving sites): 1%
- Other Online: 2%

Challenge Events: 33%
Trusts and Foundations: 17%
Community: 17%
Corporate: 8%
Taking place in October each year, HOPEWALK is a month of walks up and down the UK, organised by you with help from us. From 10 mile hikes, to walks around the block, our supporters came out in their thousands to support PAPYRUS, in 2019. Some joined forces with their local community, others went for a solo stroll; some walked in memory of a loved one, others simply to raise funds and awareness.

Thanks to all of our amazing supporters, we had the largest number of HOPEWALK hosts sign up this year – with a 300% increase in registrations from 2018. We cannot thank all of our HOPEWALK heroes enough for their hard work and dedication, organising walks up and down the UK.

This year not only saw us unveil our new-look HOPEWALK, with updated host packs, branded flyers, and live HOPEWALK updates on the PAPYRUS website; but 2019 was also the year that we saw our first HOPEWALK in Northern Ireland, organised by the brilliant Wates Group.

Ashleigh Brown – Worthing to Brighton
Raised £2,080
Ashleigh Brown’s half marathon HOPEWALK between Worthing Pier and Brighton Pier held Sunday, December 15, took just over four hours to complete and raised more than £2,000 for PAPYRUS.
“We had just over 30 walkers in total, two dogs and even one very determined six-year-old who walked the whole way without a single complaint!
“We have raised well over £2,000 – doubling my original goal!”

Karen Sykes – Wakefield
Raised £2,135
Karen organised a HOPEWALK in memory of her daughter Beth, who took her own life in April 2019. Starting from the Shepherds Arms, Horbury, the approximately five mile flat route finished at the Dam Inn, Newmillerdam. People were welcome to join and leave at any point along the way. All were welcome including children and dogs.
“We organised this walk in the hope that we can raise awareness of the need to break the stigma [surrounding suicide], which I believe is preventing young people from seeking help. PAPYRUS is an amazing charity that works tirelessly to raise awareness and support young people through its HOPELINEUK helpline services.”

Taking place in October each year, HOPEWALK offers HOPE
HOPE23 is our month-long virtual event to celebrate 23 years of PAPYRUS. Launched in January 2020, to take place in April – HOPE23 invited supporters to fundraise for PAPYRUS in any way they wished, with exercises and activities all centered on the number 23. Whether it was running 23 km in one month, doing 23 minutes of yoga per day, or even reading 23 pages of their favourite book each day, our supporters came up with creative ways to support PAPYRUS.

As the date for HOPE23 approached, news of the COVID-19 pandemic was spreading throughout the media, and one week before our virtual event launched, the UK went into lockdown. This did not deter our supporters, who continued their fundraising efforts from the comfort of their own homes and in accordance to government guidelines.

Thank you to everyone who took part in HOPE23, your fundraising efforts raised the funds to support 502 calls, texts and emails to HOPELINEUK.
YOUR FUNDRAISING offers HOPE
COMMUNITY FUNDRAISING offers HOPE

From bake sales to barn dances, runs, swims, and everything in between, our community fundraisers are at the heart of PAPYRUS, spreading awareness and raising funds to help us to prevent young suicide.

Here’s a snippet of some of the amazing community fundraising from 2019-20...

Amy Waldron – raised £115.55

After losing a close friend to suicide, Amy and her partner decided to sell sweet cones on a stall and handed out PAPYRUS literature.

Liz Farmilo – raised £260

Liz and friend Jo organised a charity tennis tournament in Oadby Granville Tennis Club in Leicester. Twelve players took part in the tournament, which raised funds for PAPYRUS.

Owen Gordon – raised £1,100.38

Owen ran 2,019 km in 2019 to raise awareness and funds for PAPYRUS. Running in memory of his sister, Heidi, Owen completed his challenge in 203 runs and his longest run was 25.67 km.

Mike Eckersley – raised £263.27

Mike ran the Yorkshire Marathon in aid of both PAPYRUS and CBTRC, in memory of one of his RAF Air Cadets, and his daughter’s friend Claudia, who both took their own lives.

Empowered Fitness – raised £1,283.40

Empowered Fitness hosted ‘Train the Trainer’ an event which saw clients put their personal trainers through their paces with star jumps, burpees, and other exercises.

Ryan Galloway – raised £2,079

Ryan, alongside a group of friends, walked 18 miles along the Leeds Liverpool canal from Leeds to Keighley, in memory of Jon Rush and Louise Holmes. It took the group over eight hours to complete.

Liann Walker – raised £580

With inspiration from her 17 year old son, Liann hosted a family charity fundraising day in August. The day included a hog roast, live entertainment, a DJ, face painting, activities, games and raffles. All in aid of PAPYRUS.

Owen Gordon – raised £1,100.38

Owen ran 2,019 km in 2019 to raise awareness and funds for PAPYRUS. Running in memory of his sister, Heidi, Owen completed his challenge in 203 runs and his longest run was 25.67 km.

Kerry Love and Emma McKendrick – raised £585

Kerry and Emma ran The Great Scottish Run 10k in September 2019 in aid of PAPYRUS.

Jordan Wright – raised £700

Jordan completed the Weymouth Harbour swim on Christmas Day 2019 in nothing but a pair of speedos. Jordan said “lots of people complete the swim in wetsuits but I wanted to one up them and complete it in the skimpiest pair of shorts I could find.”

Danushka Edirisinghe – raised £2,773

Danushka organised the Young Musicians Showcase in July 2019 in aid of PAPYRUS. Over 260 guests attended to watch performances from 20 young musicians. The event, which took place in Loughborough, was a huge success and raised vital funds and awareness for PAPYRUS.

Emily Williams – raised £10,000 since 2017

Emily ran the Oxford Half Marathon in memory of her sister, Miranda. Emily and her mother Nikki have been fundraising in memory of Miranda since 2017 and have raised almost £10,000 to date.

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STUDENT AND UNIVERSITY FUNDRAISING offers HOPE

Durham University
Durham University’s Aggression Sessions is a boxing tournament, where novices join and train over the course of three months, in order to take part in their first boxing bout in front of friends and family. The Aggression Sessions have raised an amazing £23,712 for PAPYRUS again this year after raising £20,000 in 2019.

Aston University Hockey Club
AUHC has shown incredible support for PAPYRUS over the last three years. This year, the club took part in running a half marathon and completing a stair climb of 60 floors – the equivalent of the height of Mount Kilimanjaro in just four hours! Their outstanding fundraising efforts has helped raise £1,370 for PAPYRUS.

Cheadle Hulme Sixth Form
The wellbeing team at Cheadle Hulme Sixth Form have raised an incredible £500 for PAPYRUS, in memory of their friend Luke.

Plymouth University
Plymouth University Netball Club team managed to raise an incredible £1,473 by running the Plymouth 10K for PAPYRUS.

LSE Women’s Rugby Club
LSE Women’s Rugby Club has chosen PAPYRUS as its charity of the year for two years running. In 2019, the club raised over £900 by holding multiple events including a bake sale, dry January and a 10k relay. In 2020, the club held a bake sale, raising £190.50 for PAPYRUS.

Exeter University Lacrosse Club
In March 2020, Exeter University’s Lacrosse Club decided to undertake a month of fundraising for PAPYRUS in a variety of unique ways. From organising a boxing night, to wearing pyjamas everyday on campus, a sponsored silence, and eating as many doughnuts as possible in three minutes, the club raised £1,667.81 for PAPYRUS!

We want to say a huge thank you to all of the students, sixth forms, universities and sports teams who have joined forces to fundraise and raise awareness for PAPYRUS in 2019-20.
Race4Rene

When Max and Sophia lost their 22-year-old son, René, to suicide in 2017, Max decided to do something truly memorable to honour what an amazing young man René was.

He knew the idea he came up with would have to be two things; it had to be big, and it had to involve sport – something that René had always loved.

Max entered a crew made up of himself and some of Rene’s friends into a transatlantic yacht race, in memory of René. PAPYRUS was delighted to be one of the two charities to benefit from Max and the crew’s efforts.

Many of the crew had sailed or rowed before; however, some hadn’t – so a six-month training and fundraising plan was quickly put into place. These included many running events, bake-sales, and even a gala charity ball, hosted by Jonny Benjamin to raise awareness and funds for PAPYRUS.

In October 2019, the crew left England for Las Palmas, the Spanish capital of Gran Canaria. From here, the crew set sail for St Lucia, 2,700 nautical miles from their start; arriving 16 days later, tired but safe and well.

16 days, 2,700 nautical miles with 200 other boats all facing rolling Atlantic swell, squalls of wind and rain with gusts of 30 knots.

The crew kept a blog of their journey and despite losing a sail, and some terrible weather, this novice crew completed the race achieving a class podium finish, coming 5th overall.

Race4Rene raised over £50,000 for PAPYRUS alone and their support has led to other organisations supporting us and choosing us as their charity of the year for 2020.
BBC Radio 4 appeal

In September 2019, to mark World Suicide Prevention Day, we made an appeal through BBC Radio 4. Listeners heard the story of Andy Airey, one of our supporters, and a father bereaved by suicide.

Every week BBC Radio 4 has a dedicated charity of the week. We were chosen for the week beginning 8th September and our three-minute appeal was broadcast several times throughout the week.

Andy’s daughter Sophie sadly died by suicide in December 2018. Since Sophie’s death, Andy and his family have worked tirelessly to raise funds and awareness for PAPYRUS. Andy’s BBC Radio 4 appeal raised an incredible £50,374 for PAPYRUS.

Anonymous feedback received through HOPELINEUK:

“IT WAS GOOD OF YOU TO DO THE RADIO 4 APPEAL, IT HELPED ME TO FIND YOUR SERVICE AND I AM SURE IT WILL HELP OTHERS TOO.”

“THANK ANDY FOR HIS COURAGE IN TELLING HIS TERRIBLY SAD AND MOVING STORY ON THE RADIO 4 APPEAL, IT HAS INSPIRED ME TO CONTACT YOU TODAY.”
The AIM Foundation

In May 2019, PAPYRUS received a grant of almost £70,000 from the AIM Foundation to support our training and awareness-raising work in the West Midlands over the next three years. This will result in around 900 people across the whole West Midlands being trained in SP-OT, SP-EAK and ASIST.

Year one focused on the Dudley and Wolverhampton areas with sessions being delivered in schools and colleges, local community groups and business organisations – specifically the construction sector, a known high-risk group.

One participant fed back after their training, “I have completed the course feeling full of hope. Thank you for ensuring I have the skill set to help others.”

Caroline Marks from the Aim Foundation said “I am glad that we can support PAPYRUS and together create a network of suicide-safer communities across the West Midlands.”

Raise Your Hands & the JD Foundation

In 2018-19 we were lucky enough to be Raise Your Hands’ chosen charity, receiving £34,000 in funding, which we used to employ our first part time administrator in our then newly-opened London office. We will be forever indebted to Raise Your Hands for helping us to establish ourselves in London, and for the publicity which led to our work with the JD Foundation.

We were contacted by the JD Foundation – the charitable arm of JD Sports – after it selected PAPYRUS to be its chosen charity. To date, the JD Foundation has supported us to the tune of £43,000 with another £15,000 pledged in 2021. We have worked closely with the JD Foundation over the past two years; we’ve delivered suicide prevention sessions in its head offices, as well as to other charities that the foundation supports. We’ve participated in its Outward Bound Days on the moors above Bury in Lancashire, and the team has visited PAPYRUS HQ to meet the PAPYRUS team and create a short film.
CORPORATE FUNDRAISING offers HOPE

Corporate fundraising is not new to PAPYRUS, we have always been lucky to be supported by some amazing business and organisations across the UK. This year has been our most successful year for corporate fundraising and we have had some real success stories with some new partnerships that we want to shout out about.

Irwin Mitchell

Irwin Mitchell is one of the largest law firms in the UK. PAPYRUS was selected as the Birmingham office’s charity of the year for 2019-2020. Throughout the year, staff took part in a variety of events including our annual HOPEWALK, charity football matches, quiz nights and race events, raising an incredible £50,379 which will fund over 10,000 calls, texts and emails to HOPELINEUK.

Sofology

Specialist sofa retailer Sofology has revamped its CSR programme, and rather than take a company-wide approach to supporting a single charity, each region will support a charity of choice. PAPYRUS has been lucky enough to have been selected by two regions and will benefit from support from Sofology’s head office in the North West and its South Central region, primarily based in the midlands. Sofology customers will be offered the opportunity to make a donation to PAPYRUS when buying a sofa and this income will be supplemented by Sofology staff events.

Financial Ombudsman

Our two year partnership with the Financial Ombudsman began in May 2019, and so far there’s been some incredibly exciting fundraising events. From book sales, to cake sales and virtual triathlons it’s safe to say that everyone at the Financial Ombudsman has really engaged with PAPYRUS. Not content with ‘just’ fundraising for us it has also invested time into our training programmes to build a suicide-safer community within the organisation.

Text Giving WSP

Professional services firm, WSP Manchester supported PAPYRUS with its annual Great British Bake Off event raising an incredible £305 via cash donations. An issue with most bake sales is that not everyone carries cash, so WSP asked for a bespoke text keyword that would allow employees to make a donation via text boosting its donations by £53!

Ember Group

Our one year partnership with The Ember Group came to a close in January 2020 and what a year it was! The entire Ember Group team have been incredible fundraisers, taking part in skydives, half marathons, cycle rides and putting together an incredible summer ball hosted by comedian, Katherine Ryan. Altogether the Ember Group raised an astonishing £65,000 making it our most successful corporate partnership to date.
North West team

This year has been a busy one for our longest-running regional team. We’ve collaborated with McVities on an event for Mental Health Awareness Week, spoken at the Conservative Party Conference Fringe about mental health in schools, and delivered lots of talks and training in between. We were invited to speak at the Royal College of Psychiatrists; supported AMPARO at the first Suicide Memorial Event held in the Halliwell Jones Stadium; and joined over 200 people in Believe Square, Wigan, to commemorate World Suicide Prevention Day.

PAPYRUS x MIND partnership

PAPYRUS partnered with Lancashire MIND to deliver ASIST across Lancashire and South Cumbria. In total, we delivered five ASIST courses in Blackpool, meaning that in Lancashire and South Cumbria there are now 116 newly qualified life assisting care givers who are ready, willing and able to support people with thoughts of suicide.

Suicide-Safer Wigan

Our Suicide Safer Wigan project has seen us strengthen our links across the Wigan and Leigh area. We have built up important relationships with the Police, school nurses, mental health teams in prisons, and the Department for Work and Pensions. In January 2020, we delivered an ASIST course to people from a range of professional backgrounds, including police staff, utility service workers, housing support workers, teachers, volunteers, healthy living workers and youth workers.

Pride

The North West team attended Manchester Pride in August 2019; it was an incredible event and we got to walk in the parade. Our amazing volunteers really engaged the crowds and raised awareness, and lots of rainbow wristbands and HOPELINEUK cards were given to those who wanted them. We also took part in Pride events in St Helen’s and Wigan as well, promoting the work of PAPYRUS with pride.
Through my role as business safety, health and environment manager for Wates Smartspace, I have been able to influence and develop a suicide awareness campaign across the Wates Group called It’s OK to Ask. So far, I have encouraged eight of my colleagues to become ASIST trained through PAPYRUS, with a further 18 training sessions planned.

As a PAPYRUS Champion, I have been able to deliver many SP-ARK sessions which have proved effective in engaging both the Wates teams and its supply chain to talk about suicide and mental health. The sessions create a ripple effect within our business resulting in our teams arranging HOPEWALKs, SP-EAK training, further SP-ARK sessions and fundraising.

Our key message, as always, is to promote the HOPELINEUK contact details. Our teams have erected HOPELINEUK banners on site cabins and scaffolds, put car stickers on construction plant and made information leaflets available to everyone. This year’s activities have provided me with vital learning to better understand how to fit the work of PAPYRUS around the construction industry and its challenging environment, and how to potentially engage other construction companies to deliver the message. I have received some very humbling feedback from colleagues who have felt free to share their own personal stories around suicide and suicide prevention following training.
From celebrating five years of PAPYRUS in the West Midlands, to delivering suicide prevention training to every university in the region, it’s been a busy year for the West Midlands team…

Celebrating five years of PAPYRUS in the West Midlands

In 2019, our West Midlands team celebrated its fifth anniversary in the region. In this time, we’re proud to have grown from a small team of two hidden in an office block, to a team of six and over 20 volunteers based in a converted warehouse in Digbeth. To mark our anniversary, we held a HOPEWALK, which was attended by over 90 supporters including the suicide prevention NHS/PHE consultant for the West Midlands. Our supporters were invited to join us for a buffet and entertainment at the Malvern Arts Centre following the walk, with our honoured guest the Mayor of Birmingham, Mohammed Aziz.

Hands Charitable Trust

Following generous funding from the Hands Charitable Trust, we have been able to deliver suicide prevention training in all the universities in the West Midlands. 6 SP-EAK and SP-OTs were delivered across the campuses, as well as 3 ASISTs for university staff. We can now safely say that all the universities across the region are much more suicide aware.

Telford and Wrekin Strategy Group

PAPYRUS joined the Telford and Wrekin Strategy Group in 2019 and were asked to participate in this year’s conference on suicide prevention, self-harm and young people, joint hosted by Telford and Wrekin, and Shropshire. PAPYRUS staff and volunteers were involved in the morning of the conference. We delivered a SP-ARK to the audience of 150 partners and two bereaved fathers talked about the tragic loss of their sons. Since the conference, we have been asked to join the Shropshire Suicide Prevention Board.
PAPYRUS Champion, Evan, is a volunteer in the West Midlands and has been representing PAPYRUS since 2018. Evan first got in contact with PAPYRUS after he lost his son, Cameron, to suicide. He set up the Cameron Grant Memorial Trust in memory of his son and has worked to increase awareness of PAPYRUS throughout the trust as well as by being a PAPYRUS Champion.

“I first got in contact with PAPYRUS and learned about them because my son Cameron took his own life five years ago. I have found PAPYRUS to be a really wonderful organisation they’ve offered help to myself and my wife; I volunteer with PAPYRUS because I think anything that I can do to help prevent young suicide elsewhere, is worthwhile.”

“Volunteering makes me feel good because, and especially working with PAPYRUS, it is possible to get the message about young suicide and about how it can be prevented to more people.”
EQUIPPING COMMUNITIES – LONDON offers HOPE

2019-2020 has seen our London team’s outreach accelerate even further, with more engagement, training and events than ever.

Suicide Safer Schools project
2019-2020 saw our Suicide Safer Schools project come to an end with 33 SP-EAK sessions and 1 ASIST being delivered across London. The project was a great success, with 614 individuals attending, enabling us to reach over 6,000 people.

In total 409 different schools and organisations attended the training, with 409 Suicide Safer Schools guides being handed out.

Thrive LDN
Our two-year city-wide project in collaboration with Thrive LDN is now in full swing. With phase one of the project – delivering 66 SP-OT sessions across London – well underway. So far, we have engaged with every borough and trained 398 people to date. The feedback has been fantastic, and we are all looking forward to rolling out the remaining training, including 10 SP-EAK sessions and 4 ASISTs.

The London team has also seen a great amount of engagement in Essex, with 16 SP-EAKs and 1 ASIST being delivered; training a total of 369 people.

Events
2019-2020 has been an incredibly busy one for events across London. We have been lucky enough to attend lots of new and exciting events in the city, increasing our outreach and spreading our message of HOPE.

We walked in the Pride parade for the first time, as well as attending a music festival, numerous HOPEWALKs across London, panel events, university wellbeing fairs, conferences and even getting festive at our Christmas cabin by the river.

PAPYRUS’s impact in London this year:
Trained 2,440 people in total
Trained 1,473 people in SP-EAK
Presented 55 SP-ARK sessions

And, we have delivered training in every borough of London including the City of London, helping to make London a suicide-safer city.

A look to the future...
As our attention and thoughts turn to 2020-2021, we look forward to engaging with new communities, including faith-based communities through our faith-based project, and we will continue our work with Thrive LDN.

We will continue to recruit volunteers, learn from their experiences and spread the message of HOPE.
PAPYRUS CHAMPION –
Imran Lakhi

I work as a teacher of business and economics, an exam marker and private tutor, which is how I first became involved with PAPYRUS. They did a training event at my place of work and the opportunity to try and prevent suicides amongst young people was one that I did not want to miss out on. I subsequently went on to do the Champion Training.

Volunteering for PAPYRUS is a good feeling. Due to work commitments I have not been able to do as much as I would have liked, but I have delivered a Champion talk as well as using my PAPYRUS training with two students who were feeling suicidal. I have also hosted and participated in the ASIST course.

A highlight of being involved with PAPYRUS would be helping students with mental health problems and taking it upon myself to host an ASIST course at my workplace.

My message of hope would be that no matter how hard things get for you, reach out.
This year saw the official opening of our Cardiff office by the Right Honourable Mark Drakeford, First Minister of Wales. To coincide with the official opening we were proud to launch our Welsh language website and to officially release copies of all PAPYRUS leaflets in bilingual form. It was a year that saw us partner with the Big Issue, our first ever Cardiff HOPEWALK, and we raised funds for PAPYRUS at the Hope at the Hilton event.

**HOPELINEUK – Wales**

We are very pleased to now have a HOPELINEUK hub in Wales and have recruited our first team of advisers who are busy taking calls, texts and emails every day. We’ve been busy promoting the helpline in Wales as we know many people are struggling in silence and not reaching out to mental health services.

We want to encourage people to reach out and talk about their thoughts of suicide, this in turn will help us to keep our young people safe. We have reached out to other helplines in Wales and are excited at the prospect of strengthening these relationships to build a great network of help and support for our young people.

**National Advisory Group to Welsh Government on Suicide and Self-harm Prevention**

Kate Heneghan

Our Head of Wales, Kate Heneghan is an active member of the National Advisory Group to Welsh Government on Suicide and Self-harm Prevention, Chaired by Professor Anne John. Kate also attends the Cross Party Group on Suicide and Self-harm, Chaired by Lynne Neagle A.M. Attending these groups has strengthened PAPYRUS’s presence and our voice in Wales and resulted in greater partnership work and opportunities.

“Having the bilingual leaflets is essential for support services in Welsh medium education and an important commitment from PAPYRUS to supporting young Welsh speakers. It is also important to remember that many teachers are under 35 and so these leaflets can be a way of supporting the school workforce too.” – Sarah Williams, teacher, wellbeing and support lead, Ysgol Gyfun Cwm Rhymni.

“The invaluable work of PAPYRUS will provide a lifeline to young people at risk of suicide here in Wales.”

– Right Honourable Mark Drakeford, First Minister of Wales.
PAPYRUS CHAMPION – Noah Blatchford

Following a PAPYRUS suicide prevention training course in November 2019, Noah was inspired to help save young lives by actively telling others in his community in Blackwood, South Wales about PAPYRUS and the work we do. As a Methodist preacher, Noah was also able to share PAPYRUS information with his local congregation.

We are proud to have grown and developed the PAPYRUS family in Wales this year. This includes staff, those bereaved by suicide, key partners in health, education, business and the charity sector; and volunteers who have been inspired through our training sessions.

We will continue to listen to those bereaved by suicide and to learn from them. Lived experience will shape our suicide prevention activities and make us even stronger.

PAPYRUS CHAMPION – Gemma Bowen

I am mum to Alfie who, two years ago, took his own life aged just 14. Alfie was a brilliantly creative and kind young man. He was popular and much loved. I miss him every minute of every day.

We can never truly know what goes on in someone else’s mind. Alfie had everything to live for but he still took the decision to end his life.

I don’t want another young person to make the same choice. So I am a huge supporter of PAPYRUS’s suicide prevention work be that through fundraising, tweeting or talking about it.

Although I can never bring Alfie back, I know of at least one young person who found out about HOPELINEUK after Alfie’s death. That young person got support and is still here. So, I will continue to do all that I can to help spread the message that young people don’t need to be alone when they are struggling with thoughts of suicide.
EQUIPPING COMMUNITIES – NORTHERN IRELAND offers HOPE

HOPELINEUK – Northern Ireland

In May 2020 we were delighted to secure a PAPYRUS presence in Northern Ireland. Over the years PAPYRUS has had a connection with the population of the North through our training, HOPELINEUK and volunteering. The time just feels right to have a physical base and presence to increase our activity and help influence the already well established suicide prevention work across Northern Ireland.

Meet our Head of Northern Ireland, Caroline King

I am thrilled and excited to be the Head of PAPYRUS in Northern Ireland. I have worked in suicide prevention in the North for over 12 years and come from a counselling and systemic therapy background which includes individual, family and group settings. For the past three years I have also been working closely with victims and survivors of the troubles/conflict in Northern Ireland.

I have been touched by suicide in my life and this is part of the reason why I and so many I know have entered into this work. I value the opportunity to work collaboratively with people to reduce the suicides of our young people.

Our work to date

PAPYRUS have already attended the All Party Group on Suicide Prevention and will continue to feed into this government strategic platform ensuring that the voice of suicide prevention for young people is heard.

Caroline sits on a number of local suicide prevention and mental health groups across Northern Ireland to share skills, learning and to engage in collaborative opportunities.

Our plans for the coming year

In our first year we will reach out to those bereaved by suicide and those experiencing suicidal thoughts to extend the PAPYRUS family here in Northern Ireland. We will learn from those with lived experience and that learning will influence our work.

We will have an office base and sustainable staff team in Belfast. We will grow the awareness of our work by securing places at local suicide prevention groups and forums and use these platforms to engage with local and national government policy-makers and partners.

We believe that by adding HOPE young people will not have to suffer alone with thoughts of suicide and families will not have to go through the heartbreak of losing a young person to suicide. To achieve this we will help build suicide-safer communities in Northern Ireland and raise the awareness of HOPELINEUK. We will be there for young people in Northern Ireland who feel suicidal and support the people in their lives to give them HOPE.
FAITH COMMUNITIES offer HOPE

Here at PAPYRUS we are proud to work with faith communities to reach out to young people in their communities who might be struggling with thoughts of suicide.

Spiritual Touch is a children’s charity focused on self-development and education for the social, moral and spiritual development of teenagers aged 13-16 years old. One of its classes helped to raise over £500 for PAPYRUS by selling cookies, cupcakes and milkshakes at a festival in July 2019.

In February 2020, Shrimad Rajchandra Mission Dharampur UK funded a PAPYRUS SP-OT training session specifically for faith groups. The session brought together Jewish, Islamic, Hindu, Jainism and Christian representatives to learn how to support young people in their community and to start an open conversation around how faith groups can play a role in suicide prevention.

In May 2019, we delivered a SP-ARK session to the Ladies Group, a Methodist faith community, in Warrington. The 30-minute session took place during one of the group’s regular meetings; during which time, some shared their own experiences of how their lives had been touched by suicide. The group put up posters in their local community, including in their church, to promote PAPYRUS and HOPELINEUK to young people.

Unity FM is non-profit community radio station based in the heart of Birmingham. We have appeared on the radio station on several occasions this year and shared our resources with their listeners.

In March 2019, Art Sikh, and the Sikh Education Forum at the Ramgarhia Sikh Temple, Birmingham, hosted an event to raise awareness of mental health amongst the local Punjabi community and beyond. PAPYRUS worked with other organisations from the Asian communities, and developed training programmes to continue the initiative further.

Sumanjit K Johal, co-founder of ArtSikh

PAPYRUS delivered a friendly, honest and open presentation sparking important dialogue amongst our attendees about the subject of young suicide. We approached PAPYRUS as they have previous links to the wider Jewish community in Manchester. Following the PAPYRUS presentation, we have found it much easier to engage with our attendees when discussing these issues.

Ayalla Hoffner, The Supper Club

We are pleased to be working with PAPYRUS to help raise awareness within our local community. Last year, during research for our Eastern Cloisters Project we discovered that a member of our Vicars Choral had taken his own life in 1882. This discovery prompted a lot of discussion within our team about personal experiences of suicide and its impact on our community today.

This year we will be sharing the work of PAPYRUS with our front-facing staff members and volunteers as well as welcoming members of the charity to join us for a lecture.

Sarah Hollingdale, activity officer, Eastern Cloisters Project at Hereford Cathedral
PAPYRUS
With Pride
Following treatment for advanced ovarian cancer George had already planned to walk the 500 mile Camino Frances in 2019. After her daughter Sophie’s death on 19th December 2018, she felt that the pilgrimage would be a vital part of her mourning process. George, her brother Billy, and her friend Marian set the start date for May 18th, from St Jean Pied de Port in the French Pyrenees. Here she tells her story.

After two initial and gruelling days of uphill in cold and wet conditions we crossed into Spain, and faced the remaining 485 miles to Santiago de Compostella. Over the next few weeks Marian and I walked westwards through a variety of landscapes, joined by Billy, and friends Sara and Jan for different sections. We averaged around 25 km each day. The weather was generally kind to us, warm and dry; however, one weekend was particularly hot and challenging. Large beers were essential!

During our 34 days we met wonderful people, some of whom have become friends for life. Others, we shall remember with fondness. Accommodation varied between dormitories in albergues and simple hotels. Food ranged from tasty to downright inedible! My emotions were equally varied, from desolation to euphoria.

To cut a long story short, two of our Camino highlights were the climb from Pamplona to Alto de Perdon where we freed some of Sophie’s ashes amongst the pilgrim sculptures; and much later in the journey, the pretty mountain village of O’Cebreiro in Galicia. Here I broke with tradition and attended the most beautiful pilgrim’s mass.

The opposite could be said of the town of Najera in Rioja. The combination of poor accommodation, unfriendly people, truly dreadful food, and a snoring Austrian will remain amongst our worst memories. Najera became our swear word of the Camino! “Oh, Najera!!”

SOPHIE’S WALK offers HOPE

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Generally, Marian and I walked apart, each lost in our own thoughts. For me, I have received nothing but kindness since my diagnosis and especially since Sophie’s death. That thoughtfulness involved constantly chatting with friends. The Camino offered a different solace. It allowed me to be in my own world with my Sophie. It allowed me five weeks of solitude; five weeks of coming to terms with my grief; as well as five weeks where I totally forgot I had cancer. (As I am writing this I am in enforced solitude aka isolation from Coronavirus.) Incidentally the one day that Marian and I did walk together we chatted so much that we missed a signpost and walked deep into the wrong valley, turning what would be a big climb into a huge climb. Muppetry!

I was our unofficial ‘Camino photographer’. Along the way I recorded the scenery and also made memories of some of the old doors we passed, be they humble or ornate. They were barn doors, church and cathedral doors, cottage and albergue doors. I found them fascinating and beautiful.

Initially I took the photos for my own interest. By the end of the walk my decision was made. I would mount and frame ‘The Doors of the Camino’ for the staff at PAPYRUS, in gratitude for the support I have received.

I hadn’t initially planned on raising money for doing something I intended to do anyway, however Sophie’s father, Andy, suggested I set up a Just Giving page, and write a blog of my journey. And so it was!

On returning home, two very close friends suggested I made calendars of the said doors to raise money for PAPYRUS and awareness of the charity’s invaluable work. Incidentally those two friends became instrumental in the design, production, and marketing of the calendars and posters. I am indebted to their talents and kindness, as well as to the numerous outlets in Cumbria and Northumberland that sold calendars on behalf of PAPYRUS.

The calendar sales were a huge focus for me during the autumn months. The timing was excellent as the products made perfect stocking fillers for Christmas. Crucially, the sales also generated conversations and interest. The business allowed me to reflect upon my Camino journey.

The process also allowed me to experience something positive following Sophie’s death. I know the pain will never subside, but I have achieved something in Sophie’s memory, and I know she would be touched and proud.

THE DOORS OF THE CAMINO CALENDAR RAISED
£15,738.32 FOR PAPYRUS IN SOPHIE’S MEMORY
FRIEND-SHIP offers HOPE

Youmanity is a London-based charity that champions cultural diversity in communities. On World Suicide Prevention Day 2019, the charity launched its Friend-Ship photography competition appealing for the nation to send celebratory photos that showed the meaning and value of friendship. It invited PAPYRUS to be part of this appeal and have a part in judging the winners.

In his story, Angelo Iudice – chairman of Youmanity – opens up about the personal connection he feels to PAPYRUS and the experiences that led him to try and tackle isolation in a globalised world.

I first struggled with feelings of isolation at the age of 12. My parents were going through a bad patch and I felt more and more alone, isolated to the point I did not fit in to social situations. By the time I was 17 things had only gotten worse – the only way out was to pack my things and move to London. Whilst I was aware that moving homes – and countries – wasn’t going to change the way I felt about myself, the move did save me from a difficult family environment.

In London things weren’t much better at first. I learned that the values of social acceptance and respect meant the world to me, but not to some of the people I came into contact with. My heritage, nationality and sexuality made me stand out like a sore thumb, and even in a cosmopolitan and a diverse place like London, my human rights were not recognised. It was 1981.

During the years that followed I kept my head down and worked hard. Sometimes i felt I had to work twice as much in order to disprove racial stereotypes, and prove that sexuality has nothing to do with one’s ability to do the job. I began to slowly find my place in the world, becoming mentally stronger.

One day I woke up realising I had spent more time in London than anywhere else. I founded a charity to reflect the positive changes in my life. Youmanity was launched with a simple objective; to be a positive influence on people in a fast-paced city. I started to deliver projects to champion social equality, social inclusion and integration. Most notable among these is an annual photography award designed to raise awareness of pressing social issues. We select the most outstanding photographs to showcase in exhibitions on themes ranging from human trafficking, gender discrimination, and age discrimination to disability.

The theme in 2019 was friendship. We aimed to recover the value of friendship to fight human isolation, to prevent suicide. The motivation behind the Friend-Ship Photography Award stems from an experience I had last year. My charity received a call for help from the relative of a mother whose son had died by suicide in London.

Like many aspiring young people, he had moved to London to learn English. He too wanted to find his place in the world – more than anything, he wanted to belong. I soon found parallels between her son’s circumstances and my own.

He had little grasp of the English language, and a work colleague later said that people made fun of him, that he may have been bullied by his colleagues. He was also vulnerable as he was not registered with a GP.
As a migrant who moved to London, I feel the pain of anyone who is alone. I value the importance of having someone to talk to, to ease the pain caused by difficult circumstances. Instinctively you want to run to your family, hug your mum. You look for someone willing to comfort you, protect you, even. You want someone to say ‘don’t worry, things will get better’. But many who migrate can find themselves regularly alone, living in houses with other youngsters doing different shifts – all busy fighting their own battles.

And so this is how Friend-Ship: Together for the Journey was born. It is a simple project encouraging society to connect with anyone we sense is alone. Because we understand the connection between isolation and thoughts of suicide, we invited PAPYRUS to be part of the appeal for photographs – of which there were over 4,000 submissions. It’s an important partnership for us and one we are looking forward to continuing in the future.

Through photography we’ve celebrated the importance of friendship. The award encourages participants to pick up their camera and take a celebratory portrait of that special person or capture a moment which embodies a treasured connection between friends.

Suicide is preventable. If we all connected or reconnected with a loved one, we would create an atmosphere of friendship and help those who are struggling.

Angelo Iudice
Chairman
www.youmanity.today
The phone call that saved my life

Several years ago, journalist Ryan was handed the phone by his dad. On the other end of the line was a HOPELINEUK adviser. What followed was a conversation that would help to save Ryan’s life.

I don’t remember the date, month or even the season. I don’t remember the chronology of events or the definitive trigger. All I remember is hope seeping away, fear clouding the horizon and a dense weight of dark dejection crushing every fibre of my soul.

I remember losing the instruction manual to life and seeing no way out. I remember wanting to run away, and keep running, and maybe cease existing altogether.

I remember talk of medical help and professional guidance, of asylums and being sectioned. I remember the pale pall of worry blanketing every family member accompanying me.

I remember uttering the dreaded s-word for the first time, admitting my state of absolute desperation. I remember my dad ringing HOPELINEUK.

Sitting upstairs, I spoke to a HOPELINEUK advisor, finally articulating the agonising thoughts, feelings and images that had popped in and out of my head during the darkest phase of a mental breakdown.

The adviser calmed me down, reintroduced logic to my tired mind, and gave me instructions to stay safe for that night. Put on some pyjamas to lessen the likelihood of going outside. Listen to your favourite band. Yeah, listen to The Libertines, good and loud. Crank up the volume and let the pain float away.

“Never give up on tomorrow. It might just change everything in the blink of an eye.”
Stabilise today, recover tomorrow.

From an early age, I suffered with chronic shyness. As a council estate kid with a passion for reading and writing, there was a sense of ‘otherness’ about my soul that morphed into generalised anxiety disorder. I was subsequently diagnosed with obsessive compulsive disorder, the untreated effects of which contributed to a dark depression.

To many people, ringing a suicide prevention charity is cloaked in stigma. Our society still has a misconception of mental ill health, conflating it with a lack of resilience, motivation or fortitude.

In my experience, the first step to recovering from a mental health crisis is to accept your problems, appreciate your own fallibility, and acknowledge the context that contributes to your pain. The next step to growth requires a period of structured solitude in which to seriously consider life and your immensely valuable place within it.

After consulting with doctors and therapists to adjust my treatment plan, I analysed every aspect of my life with forensic intent and searing honesty. I realised that, for so long, I had lived my life in the context of other people, seeking approval and conforming to social ideals in pursuit of popularity.

I tried anything and everything to alter the spirit, energy and direction of my life. From Buddhist meditation and lavender-infused yoga to quitting alcohol and changing jobs, I rewired my standard emotional reactions and took back control of my own happiness.

In the past twelve months, my recovery has gone from strength to strength. Sure, there are still days of stress and confusion, setbacks along the road, but the strides I have made should give anybody hope of turning their life around.

I have published my first book. I have met some of my idols and interviewed some of my heroes amid a skyrocketing journalism career. I have been true to myself, above all else, living free from external expectation and peer pressure.

Every single person reading this has a special talent hidden deep within. Every single person. We all have one skill that distinguishes us. We all have one thing we do better than everybody else. It might be painting or playing the guitar or baking cakes.

Find your passion, accept its originality and channel all of your emotional energy into making something great in that space. Make it for you, not for anybody else, and look back with pride at how far you have come twelve months from today.

It’s common to hear the words ‘selfish’ and ‘unfair’ connected to suicide. But I have been there. I have felt that. Inside, I was already dead, emotionally and spiritually. Suicide would have been an exercise in merely discarding my body.

Except I chose not to take that step. With help from HOPELINEUK, and with support from my wonderful family and friends, I came all the way back to live a happy, healthy and successful life. You will do that, too, I just know it. Being yourself is the key, and everything else will fall into place.
PARTNERSHIP offers HOPE

Here are just some of the key partners we have worked with during 2019-20.
At PAPYRUS Prevention of Young Suicide, we have ambitious plans for the year ahead. We have always punched above our weight as a small but growing charity. Our strength is the life-preserving determination of parents, families, friends, professionals and communities who have lost a young person to suicide. As a UK-wide collective, a movement, PAPYRUS is at its very best.

We want to strengthen our volunteering offer to individuals and communities to help deliver our life-protecting activities. Parents, families, colleagues and others often find it difficult to know what to do in response to that loss. Many turn to PAPYRUS to express their commitment to prevent future deaths. We want support, equip and influence communities across the UK to reduce the number of young suicides and to ENABLE LIFE.

Support

Over the coming year, we have big plans to implement and bolster our community support across the UK.

We will support our suicide prevention helpline, HOPELINEUK, to provide and develop direct suicide prevention advice and information to young people at risk of suicide, and those who are concerned for a young person.

We will also be promoting the fact that HOPELINEUK is here for professionals – including frontline workers, emergency responders, teaching staff and GPs – who have had an encounter with suicide, and want to debrief with one of our suicide prevention advisers.

We will support communities across the UK by continuing to provide up-to-date suicide prevention advice and information through our website, and social media channels. Our online presence, articles, leaflets and literature will continue to be produced both in English and Welsh language versions.

Our mission is to provide excellent supporter care. We will enable families, communities, faith communities and organisations touched by a young suicide to harness their lived experience and bring them into the PAPYRUS family as advocates.
**Equip**

Equipping communities to recognise and react to suicidal situations is imperative to creating suicide-safer communities. Education and training about suicide prevention is key to smashing the stigma surrounding suicide, and making suicide part of everyday conversations.

That’s why, in the coming year, we will be ensuring that our training offering is strengthened – through increased training support and additional suicide prevention trainers – yet remains accessible and affordable for all. It’s our mission to make sure that our SP-OT, SP-ARK, SP-EAK and ASIST courses are delivered across multiple sectors and regions across the UK, to maximise the amount of people trained in suicide prevention who can spot the signs, prevent young suicide and **ENABLE LIFE**.

**Influence**

Influencing policy changes at local, regional and national levels has always been one of our strengths at PAPYRUS. We will continue to maintain our relationships that we have grown over the past 23 years, thanks to our presence on suicide prevention boards across the UK, and will ensure that we work towards suicide-safety in sectors such as gambling; young people who are not in work; and by continuing our work on online suicide safety with the UK Government.

We will also be developing our suicide prevention policy and practice by working closely with emergency care and General Practice; we will improve suicide-safety in universities, schools, colleges, and we will work with Public Health Wales to ensure that suicide prevention is a priority.

As well as influencing policy, PAPYRUS has led the way in sensitive media coverage and reporting on suicide over the past two decades. In the coming year, we will continue to reduce the suicide stigma in the media, and optimise sensitive media reporting across the press.

Our current work in faith communities is incredibly important to smashing the stigma surrounding suicide. Suicide doesn’t discriminate, and people of any faith community can experience thoughts of suicide. We are committed to understanding the impact of suicide in faith communities, and work with faith communities safely and sensitively to reduce the stigma of talking openly about thoughts of suicide in close communities. We will seize all opportunities to attend faith-based events and work closely with members of different faith communities to tailor our suicide support offering for individual communities.

Perhaps most importantly, over the coming year – we want to **maximise lived experience** in all PAPYRUS messaging. PAPYRUS was founded as the Parents Association for the Prevention of Young Suicide; it was born from lived experience of parents having lost a young person to suicide.

This aspect of our charity hasn’t and won’t ever change. Our board of trustees is made up of professionals with lived experience of suicide, and every day we hear stories from people who have lost a loved one to suicide and have turned to PAPYRUS for support. Whether they want to fundraise for PAPYRUS, or share their story with us, or simply share the message that PAPYRUS is here for all of us; it’s this lived experience that drives PAPYRUS to work for suicide-safer communities every day, to save young lives, and **ENABLE LIFE**.
GETTING INVOLVED offers HOPE

Our admin team are happy to answer any general enquiries about PAPYRUS, as well as supplying leaflets, literature and PAPYRUS branded products, speak to them via email, at admin@papyrus-uk.org, or by phone on 01925 572 444 for more information.

For PAPYRUS volunteering opportunities, please email volunteer@papyrus-uk.org

If you’re interested in our training programmes, please email training@papyrus-uk.org

Our fundraising team is happy to speak to you about fundraising for PAPYRUS, get in touch with them at fundraising@papyrus-uk.org

To speak with a member of our marketing and communications team, they can be reached at communications@papyrus-uk.org

For any press enquiries, please contact pressoffice@papyrus-uk.org

www.papyrus-uk.org
@papyrus_uk
@papyrus_tweets
@papyrusuk
@papyrus_uk
Get in touch

**PAPYRUS** Prevention of Young Suicide is the national charity dedicated to the prevention of young suicide in the UK.

Registered Charity Number 1070896. A list of **PAPYRUS** Trustees is available on our website.

**HOPELINEUK** is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide, or anyone concerned about a young person. For suicide prevention advice contact **HOPELINEUK**:

Call: 0800 068 41 41  
Text: 07860 039 967  
Email: pat@papyrus-uk.org

Opening hours: 9am to midnight, every day.

For regional **PAPYRUS** offices, contact:

**Head Office:**  
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Email: northwest@papyrus-uk.org

**West Midlands:**  
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Tel: 0121 437 0411  
Email: westmidlands@papyrus-uk.org

**London:**  
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Email: cymru@papyrus-uk.org

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HOPELINEUK
Call: 0800 068 4141
Text: 07860 039 967
Email: pat@papyrus-uk.org

Opening hours:
9am - midnight
365 days a year
www.papyrus-uk.org

Our Suicide Prevention Advisers are ready to support you

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