Thank you for taking the time to enquire about becoming a PAPYRUS Volunteer. The work that we do in raising awareness around young suicide wouldn’t be possible without the support of our many volunteers. Up and down the country, our volunteers help us to reach out to, and engage with, a variety of people within different communities.

By becoming a PAPYRUS volunteer you will work with us to create a society where we talk openly about suicide in a bid to reduce stigma and save young lives. Volunteering with PAPYRUS can involve lots of different activities. This pack aims to give you some information about what volunteering opportunities are available, what experience you will gain from becoming a PAPYRUS volunteer and how we will support you on this journey.

Volunteering with PAPYRUS provides a unique opportunity to make a real difference to the lives of young people across the UK who are struggling with thoughts of suicide.

Should you have any questions about what you have read within this Information Pack please refer to the contact details below.

Thank You!

Get in touch:
PAPYRUS Head Office
Telephone: 01925 572 444
Email: volunteer@papyrus-uk.org
Who is PAPYRUS?

PAPYRUS is the UK charity dedicated to the prevention of young suicide. Suicide is the biggest killer of young people – across all genders – under 35 in the UK.

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

Our Vision
Our vision is for a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

Our Mission
We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

Who is PAPYRUS?

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
There are always lessons to be learned from listening to young people at risk of suicide, those who give them support, and those who have lost a young person to suicide.
How can I help?

PAPYRUS believes that young suicide is preventable and that many young lives can be saved by building suicide-safer communities across the UK. By equipping people with the tools and skills needed to identify and respond to a young person at risk we can all have a part to play in breaking down the stigma around suicide.

We need passionate and committed volunteers to help us do this. Here are some ways in which you can increase awareness in your local community and help us to save more young lives.

**Awareness Raising**

Help to raise awareness of PAPYRUS and suicide prevention in your local community in a number of ways. For example, you could spread the word on social media; put up posters in your local GP surgery; or simply wear a PAPYRUS t-shirt to the gym. Awareness raising fits around your schedule, and really helps us to spread our message further.

**Office Volunteers**

Office Volunteers provide regular support in our PAPYRUS offices. It’s a great way of gaining experience in the voluntary and community sector, learning new skills, and getting involved in the work that we do.

**Champions**

Our volunteer Champions help PAPYRUS raise awareness of suicide prevention by delivering short talks, known as SP-ARK (Suicide Prevention – Awareness, Resource, Knowledge) sessions in their communities. Champions help at PRIDE, mental health market places, and occasionally at conferences.
PAPYRUS believes it is important to talk openly about suicide, and lived experience is at the heart of everything that we do. Many of our volunteers choose to share their own personal experiences, whether this be their own struggles with thoughts of suicide, the loss of a loved one to suicide or experience of supporting a person at risk.

We regularly update our website with stories from our many volunteers and supporters who share their stories as a way of raising awareness and offering hope to others.

**India Burton – PAPYRUS Champion**

‘Many of those closest to me, including myself, have battled in the grips of mental illness, and the effects of suicide on my life have been devastating and life-changing. I hope that through volunteering with PAPYRUS I can help to prevent other families having to go through this. No one should feel that suicide is an option.’

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**Imran Lakhi – PAPYRUS Champion**

‘As a father of two amazing young girls, life really is the most precious thing in the world. Working with PAPYRUS gives me the chance to help others stay safe from suicide’
What Next?

This Information Pack highlights the range of volunteering options available to you at PAPYRUS Prevention of Young Suicide.

If you have any questions around which of the opportunities are available. Or if you wish to discuss your volunteering options further, please get in touch with us by emailing, volunteer@papyrus-uk.org

I want to volunteer

Now you have learned more about PAPYRUS and the opportunities available you can formally express an interest to become a volunteer. Complete the Become a Volunteer form included within this Information Pack and return it to us electronically or by post.

You will then be invited to meet with a member of the PAPYRUS team to further discuss the opportunities available and which form of volunteering best suits you.

Once a volunteer opportunity has been agreed you will receive a Welcome Pack which sets out the next steps. This will include arranging for you to attend a training session and understanding what support you will receive from PAPYRUS. With some opportunities it may be necessary for us to collect references and obtain a DBS check.