

PAPYRUS

 **WHO**
we 
 **are**

Preventing young suicide. Promoting hope.
HERE FOR LIFE.

0300 102 2470
HopeLine24/7

When young people are thinking about suicide or feeling unsafe, they have to know how and where to find help – and everyone else needs to know what to do and say when it matters most.

That's why Papyrus exists.

We're a young person's suicide prevention charity – and that means so much more than raising awareness.

We run **HopeLine 24/7**, our free and confidential helpline offering practical, compassionate support. We share with people how to spot the signs and start conversations about suicide. We work with communities, schools and workplaces to make them suicide-safer places. We campaign, we educate, and we advocate for change.

And above all else, we're here. Day and night, supporting young people to stay safe and helping others to feel confident when talking about suicide.



HOW TO USE THIS GUIDE

We've included QR codes in this guide so you can find out more, watch short videos, resources or take the next step online.

How to scan a QR code:



Open the camera app on your phone

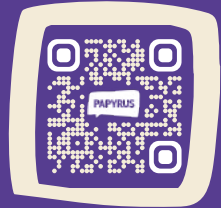


Hold it over the QR code until a link appears



Tap the link to go straight to the right page

It's as easy as taking a photo!



Or visit papyrus-uk.org/who-we-are



OUR MISSION

To prevent suicide with support, education, campaigns and conversations that keep young people safe – and hope alive.

OUR VISION

More young lives lived. Fewer ended.

WHAT WE DO

At Papyrus, we believe that many suicides are preventable – not inevitable. Everything we do is built on that belief.

We:

- Provide free and confidential support through **HopeLine 24/7**
- Deliver suicide prevention training to communities, professionals and workplaces
- Equip people with the skills to talk openly about suicide
- Campaign for change and challenge stigma through awareness projects and partnerships
- Empower others to build suicide-safer communities across the UK

WHY WE TALK ABOUT SUICIDE



Suicide is the leading cause of death for people under 35 in the UK, but it isn't inevitable. We believe it can be prevented.

Talking about suicide can feel hard, but it's one of the most powerful ways to save lives. Asking someone directly if they're thinking about suicide doesn't put the idea in their head – it shows them they're not alone, and that it's safe to talk about how they feel.

When we speak openly and listen without judgement, we break down stigma and make it possible for people to reach out before they reach crisis.

OUR STORY

Papyrus was founded in 1997 by Jean Kerr, a mother from Lancashire, after losing her son to suicide.

Originally named the Parents' Association for the Prevention of Young Suicide, Papyrus has grown into one of the UK's leading charities dedicated to preventing young suicide.

Since then, we've kept listening and learning from those personally affected by suicide – and from young people themselves. Their experiences shape everything we do.





WHAT WE CARE ABOUT

YOU

Everything we do – **Hopeline 24/7**, our awareness campaigns, training and fundraising – is about supporting you, your wellbeing and your future. Because you matter. To us, and to the people who care about you. When you need us, we'll be here.

INSPIRING HOPE

Even the smallest glimmer can be enough to hold onto. At Papyrus, we'll sit with you while you find yours and empower you to move forward in your own way.

SPEAKING UP

To get help for ourselves, or to support someone we care about, we have to be able to talk about suicide. By opening up safe, honest conversations, we can replace fear and silence with connection and hope.

TAKING ACTION

Every call, every conversation, every act of kindness helps prevent suicide. Together, we're building suicide-safer communities across the UK.



HOPeline 24/7

Free. Confidential.
Here, day and night.

HopeLine 24/7 is for anyone struggling with thoughts of suicide, or anyone worried about a young person who might be.

Every day and night, our trained advisers listen, support and help people stay safe.

Every few minutes, people reach out to **HopeLine 24/7** – young people having thoughts of suicide, those worried about someone, and others who need a debrief after a difficult conversation.

Whether you're contacting us for yourself or someone else, you're never alone in that moment.

Call: **0300 102 2470**

Text: **HOPE to 88247**

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

Webchat: **papyrus-uk.org** when the "**Hopeline24/7** chat" icon appears

We also offer British Sign Language access and Language Line support in over 240 languages.

WHO WE SUPPORT

We're here for anyone struggling with thoughts of suicide, worried about someone who might be, or needing guidance after a difficult conversation about suicide.

That includes young people, parents, friends, carers, teachers and health professionals. Whoever you are, and wherever you are, you don't have to face it alone.



EDUCATION & TRAINING

Preventing suicide takes all of us. Every person who learns how to talk about suicide, spot the signs, or offer support becomes part of a suicide-safer community.

We offer a range of sessions designed for individuals, schools, organisations and professionals:

SPARK – Suicide Prevention Awareness, Resources and Knowledge

A 30-minute introduction to suicide prevention. Raises awareness, promotes self-care and helps people understand how everyone can play a role in preventing suicide.

SPOT – Suicide Prevention Overview Tutorial

A 90-minute session exploring suicide awareness and how we can all contribute to suicide-safer communities.

SPEAK – Suicide Prevention Explore, Ask, Keep-Safe

A 3.5-hour interactive workshop that helps people recognise the signs that someone may be thinking about suicide, and how to start the conversation safely.

ASIST – Applied Suicide Intervention Skills Training

A two-day, in-depth course designed to help participants recognise, understand and respond to suicidal behaviour. ASIST runs across much of the UK, though it's currently unavailable in Scotland.

SEASONS FOR GROWTH

An early-intervention education programme that helps children, young people and adults manage loss and significant change in their lives.

HOPEBOX

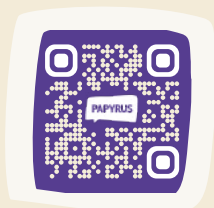
An interactive workshop that helps participants understand stress, emotions, and self-care, while learning how to create a personalised Hopebox using the five senses. We have tailored sessions for three different age groups: Primary, Secondary and 16+.

SINKING FEELING

A schools-based educational resource (England only) to assist with the teaching of mental health, emotional wellbeing, and suicide awareness to students from Y6 – Y13.

To find out more or book a session, visit papyrus-uk.org/training or email training@papyrus-uk.org.

papyrus-uk.org/who-we-are



VOLUNTEERING WITH POPYRUS

Our volunteers are at the heart of our work.

By becoming a Papyrus volunteer, you'll help create communities that talk openly about suicide and support young people to stay safe.

Volunteering can involve a range of activities – from raising awareness at events to representing us locally. However you get involved, you'll gain valuable experience, meet passionate people and make a real difference.

Volunteers help us build suicide-safer communities across the UK – because when more people understand suicide, more young people can stay safe.

Find out how to get involved:

Email: volunteer@papyrus-uk.org

papyrus-uk.org/who-we-are

FUNDRAISING AND PARTNERSHIPS

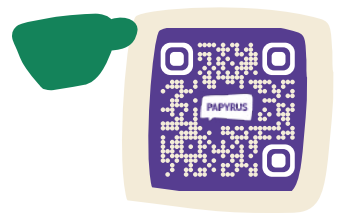
Every donation and every fundraiser helps us keep HopeLine 24/7 running and reach more young people who need us.

From charity runs and skydives to corporate partnerships and community events, there are so many ways to get involved.

When you fundraise for Papyrus, you're helping to make suicide prevention part of everyday conversation.

Scan the QR code to read our Fundraising Toolkit and find the perfect way to get started.

Email: fundraising@papyrus-uk.org





IF YOU NEED SUPPORT NOW

If you're having thoughts of suicide, or you're worried about someone who might be, you don't have to face it alone.

If you're in immediate danger, call **999** or go to your nearest A&E.

If you can, tell someone you trust and ask them to go with you.

If you're not in immediate danger but need help to stay safe – or want to talk through worries about someone else – contact **HopeLine 24/7**.

It's free, confidential, and always here for you.

Call: **0300 102 2470**

Text: **HOPE to 88247**

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

Webchat: via **papyrus-uk.org**

Together, we can prevent young suicide and keep hope alive.

WE'RE HERE. 24/7.





CONTACT US

If you'd like to learn more about our work, get involved, or speak to one of our teams, here's how to reach us:

GENERAL ENQUIRIES

0300 102 2444

Papyrus Prevention of Young Suicide
Unit 2 Bankside, Crosfield Street,
Warrington, Cheshire, WA1 1UP

admin@papyrus-uk.org



papyrus-uk.org/who-we-are

AREA ENQUIRIES

If you'd like to contact your local Papyrus team directly, you can reach us here:

englandsoutheast@papyrus-uk.org

englandnorth@papyrus-uk.org

walesandwest@papyrus-uk.org

scotland@papyrus-uk.org

northernireland@papyrus-uk.org

TRAINING ENQUIRIES

0300 102 2444

training@papyrus-uk.org

VOLUNTEERING ENQUIRIES

volunteer@papyrus-uk.org

FUNDRAISING ENQUIRIES

0300 102 2444

fundraising@papyrus-uk.org

PRESS OFFICE

07799 863 321

pressoffice@papyrus-uk.org

0300 102 2470

HopeLine24/7

If you are thinking about suicide or are concerned about a young person who may be, you can contact HopeLine24/7 for confidential support and practical advice.



CALL
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TEXT HOPE to
88247



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