

HERE FOR LIFE



SHATTERING THE SILENCE

CAMPAIGN PARTNER PACK

A 24-hour sponsored silence to help save young lives

0300 102 2470
HopeLine24/7

**We're
CHALLENGING
ORGANISATIONS
TO GO SILENT
IN aid OF
YOUNG SUICIDE
PREVENTION.**



**WILL YOURS BE
ONE OF THEM?**

[Click here to pledge your silence.](#)

THE ASK

On Friday 24 July, we're asking organisations to take part in Shattering the Silence, a 24-hour sponsored silence for Papyrus.

Your team goes quiet for a working day. No Teams/ Zoom calls, no meetings. Papyrus provides the out of office autoresponder. People sponsor them to do it.

The next day, everyone breaks their silence by reaching out to one person.

HOW IT WORKS – THREE KEY MOMENTS

Friday – start the silence. Teams go quiet. The absence itself does the talking, amplified by every out-of-office.

Saturday – break the silence. Everyone speaks again by reaching out to one person, and, if they wish, posts about it. This is the shareable moment.

The post-event proof. In the weeks following, we'll share an impact update from Papyrus about what your silence has helped us to raise.

A note on timing: this isn't midnight to midnight. We invite your organisation to pick a start time that suits you, run the silence for 24 hours, and break it the next day– because nobody marks the end of a silence at 00:00 on a Saturday.

[Follow this link to pledge your silence.](#)

WHY YOUR ORGANISATION SHOULD GET INVOLVED

- **It's simple to run.** No event, no venue, no day away from the desk. Just an out-of-office and a fundraising link.
- **It reaches beyond your walls.** Every out-of-office lands with clients, partners and contacts. A quiet day at the office becomes a day of suicide prevention awareness.
- **It funds a helpline.** Every three minutes someone contacts Papyrus's suicide prevention helpline. The money you raise helps keep HopeLine 24/7 open, as well as supporting Papyrus's other lifesaving work across the UK.

WHY IT MATTERS

Suicide is the biggest killer of young people in the UK.

People don't talk about suicide. It's a taboo topic, shrouded in silence.

In our own survey of more than 1,100 young people, only a third said they feel comfortable talking about suicide.

Going quiet for a day, then breaking that silence, helps change it.

Suicide prevention is not solely the responsibility of professionals or charities. It belongs to all of us.

It starts with checking in on a friend, asking a difficult question, listening without judgement, and creating spaces where people feel safe to speak honestly.

LEE PAYTON, SUICIDE SURVIVOR - [READ LEE'S STORY](#)

HOW TO TAKE PART - a STEP BY STEP GUIDE

Five simple steps for whoever leads it inside your organisation. It's a quick and easy process.

1. Tell your people.

Give staff enough notice to set up their JustGiving page/ join your company one. Let them know that taking part is voluntary, and they can join however suits them; they can go fully- silent, or simply no calls, meetings or messages. We want this to work for your business, so please adapt the concept to fit your organisation's needs.

2. Set up your fundraising.

Either everyone creates their own JustGiving page, or you set up one company page for the whole team. We'll help guide you through the process. [Click here to pledge your silence](https://giup.nl/register/Pc40Qq3T). Or type this link into your browser: <https://giup.nl/register/Pc40Qq3T>

3. Choose your 24 hours.

Pick a start time that suits you on 24/7, 8am, 9am, whenever your day begins - and run the silence for 24 hours from there.

4. Switch on the out-of-office.

Copy the wording below, drop in your JustGiving link, and turn it on for the day.

5. Break the silence on Saturday. **The most important step.**

When the 24 hours are up, give everyone one simple thing to do - reach out to one person.

FRIDAY 24/7: YOUR OUT-OF-OFFICE



Copy, paste, add your fundraising link.

Title: 000 24/7 – I’m here, but I’m staying silent.

I’m out of office today.

I’m here, but I’m staying silent.

Why? I’m taking part in a 24-hour sponsored silence for youth suicide prevention charity, Papyrus. My silence is helping raise vital funds for Papyrus’s lifesaving helpline, HopeLine 24/7, and supports the charity’s work with communities across the UK.

No calls, no meetings, no contact from me, today. *[ADAPT THIS LINE IF NECESSARY TO SUIT YOUR BUSINESS NEEDS]*

Sponsor me here: *[INSERT JUSTGIVING LINK]*

Why sponsor me?

- Suicide is the biggest killer of young people in the UK.
- People don’t talk about suicide. It’s a taboo topic, shrouded in silence.
- Papyrus works daily to change that.

I’ll be back at my desk on *[INSERT DATE]* – speak then.

I’m staying silent today, **but Papyrus never goes quiet**. Every three minutes someone reaches out to their suicide prevention helpline. HopeLine 24/7 advisers are live right now if you need them.

If you’re feeling suicidal or worried for someone who might be, HopeLine 24/7 is here for you. Call 0300 102 2470, or text ‘HOPE’ to 88247 for free, confidential advice and support.

SATURDAY 25/7: BREAKING THE SILENCE



When your 24 hours are up, break the silence the best way there is.

Reach out to one person. Send the message you've been meaning to send. Ask someone how they really are. Something as simple as this:

"I've just finished 24 hours of silence for Papyrus. The first thing I wanted to do was check in on a friend. How are you doing?"

Going quiet gets people talking about suicide. Shattering the silence, one conversation at a time, is what helps us prevent suicide.

WHAT YOUR FUNDRAISING SUPPORTS

- £15 can fund a lifesaving call to HopeLine 24/7
- £60 can train someone to safely support a person who is thinking of suicide.
- £175 can fund a suicide prevention consultation and help develop a tailored prevention policy for a school.



Papyrus is a leading UK youth suicide prevention charity.

Ready to pledge your silence, [click here](#), or want to know more?

Get in touch with our fundraising team: fundraising@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 HopeLine 24/7 for confidential support and practical advice.



call

0300 102 2470

TEXT HOPE
to 88247



email

pat@papyrus-uk.org

papyrus-uk.org