PAPYRUS
Prevention of Young Suicide

Harry Biggs-Davison
Ged Flynn
PAPYRUS – Our story

- Founded in 1997 by parents personally touched by young suicide
- **Core belief:** many young suicides may be prevented
- UK-wide membership
- Only national charity dedicated to prevention of young suicide
- National Advisory Role

**HOPELineUK**
0800 068 41 41
**Invitations**

**ACTIONS**
- Giving away possessions
- Withdrawal (family, friends, school, work)
- Loss of interest in hobbies
- Abuse of alcohol, drugs
- Reckless behavior
- Extreme behavior changes
- Impulsivity
- Self-harm

**PHYSICAL**
- Lack of interest in appearance
- Change/loss in sex interest
- Disturbed sleep
- Change/loss of appetite, weight
- Physical health complaints

**STRESSFUL EVENTS with FEELINGS OF LOSS**

**THOUGHTS**
- "All of my problems will end soon"
- "No one can do anything to help me now"
- "Now I know what they were going through"
- "I just can't take it any more"
- "I wish I were dead"
- "Everyone will be better off without me"
- "I won't be needing these things anymore"
- "I can't do anything right"
- "I just can't keep my thoughts straight anymore"

**FEELINGS**
- Desperate
- Angry
- Guilty
- Worthless
- Lonely
- Sad
- Hopeless
- Helpless

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National Scandal

- Total number of suicides (2014): 6,122
- Suicides 10-34 year old (2014): 1,556

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PAPYRUS prevention of young suicide
HOPELineUK

- Professional Advisors
- Direct Intervention
- Practical advice
- Links to local services
- Intervention Policy
- Anon. text & email advice
  - email pat@papyrus-uk.org
  - SMS 07786 209697
Training

- Suicide awareness
- SuicideTALK
- SafeTALK
- Applied Suicide Intervention Skills Training

training@papyrus-uk.org
01925 572444

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TO BE OR NOT TO BE THAT IS THE QUESTION

“Shakespeare

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PAPYRUS prevention of young suicide
Campaigns

- Medical Confidentiality
- Standard of Proof
- Reducing Access to Means
- Sensitive reporting of young suicides
- Making Families Count
  - independent investigation into SUIs
Engaging Communities

• Suicide Safer Communities for Young People (SSCYP)
  – 20 young people (16-35yo)
  – Trained in ASIST
  – Each commits to 3 awareness sessions
    • Communities of choice
    • #turnBrumpurple
Contact

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