

# LET'S GET TALKING ABOUT SUICIDE

**"LIFE IS FOR LIVING"**

# LET'S GET TALKING ABOUT SUICIDE

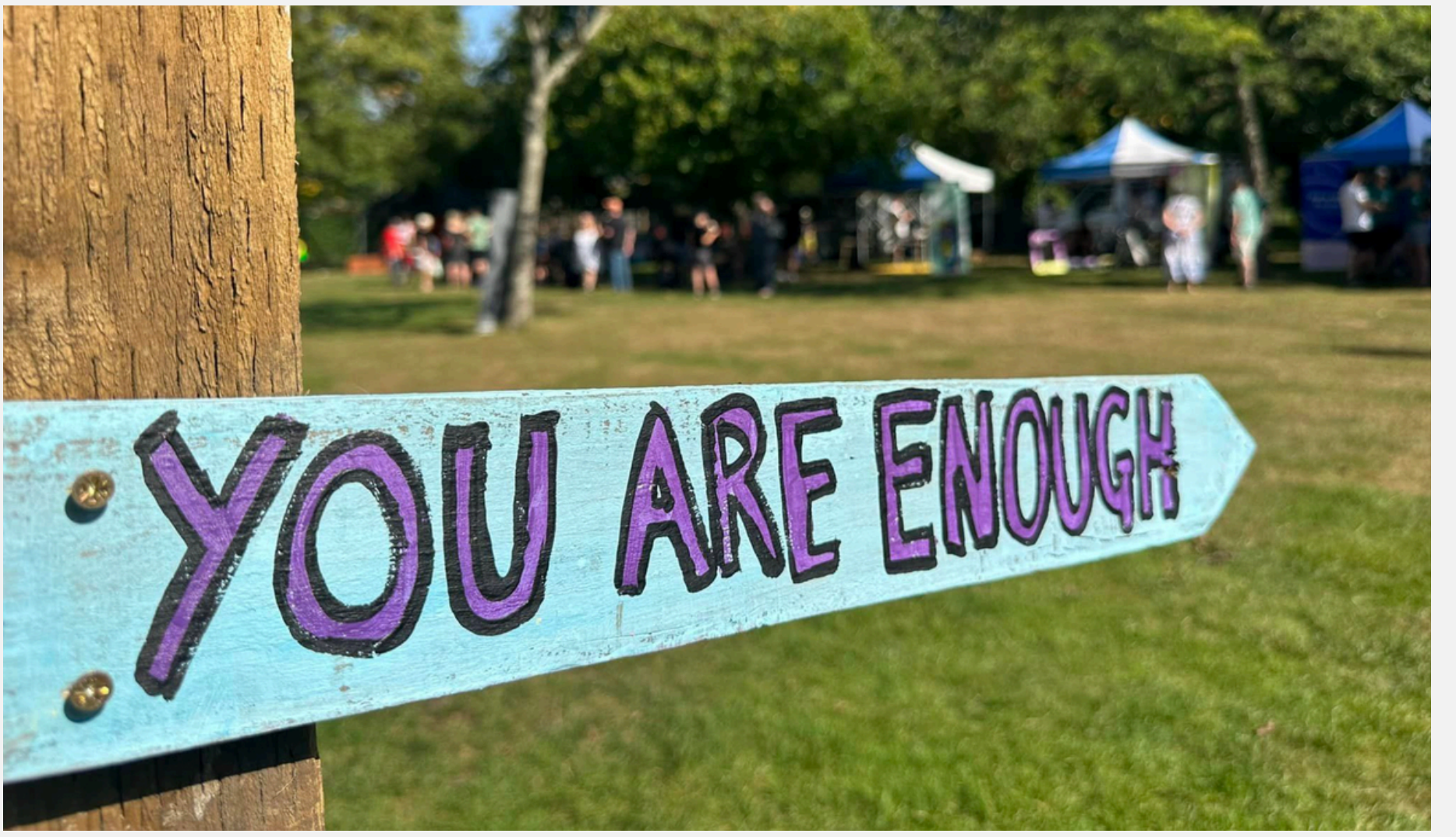
"Let's Get Talking About Suicide" is a suicide awareness event designed to shine a light on the critical issue of mental health and the importance of open conversations around suicide. This event serves as a crucial platform for fostering understanding, reducing stigma, and promoting well-being within our communities.

Suicide is a complex and often misunderstood issue that affects individuals from all walks of life. One of the most significant barriers to suicide prevention is the silence that surrounds it. Many people struggling with suicidal thoughts feel isolated and ashamed, making it difficult for them to reach out for help. "Let's Get Talking About Suicide" aims to break this silence by encouraging open and honest discussions about mental health. By normalizing these conversations, the event helps individuals feel less alone and more empowered to seek the support they need.

The importance of suicide awareness cannot be overstated. Every year, millions of lives are touched by suicide, either directly or indirectly. By raising awareness, we can educate people about the signs of suicidal behaviour, such as withdrawal, extreme mood swings, or expressing feelings of hopelessness. This knowledge can equip individuals with the tools to intervene early, potentially saving lives.

In addition to raising awareness, "Let's Get Talking About Suicide" emphasizes the importance of self-care and well-being. Mental health is a vital component of overall health, yet it is often neglected. The event promotes strategies for maintaining mental well-being, such as regular physical activity, maintaining social connections, practicing mindfulness, and seeking professional help when needed.

Ultimately, "Let's Get Talking About Suicide" is more than just an event—it's a movement towards a more compassionate and supportive zero suicide society. We can all play a role in preventing suicide and promoting a culture where mental health is prioritized, and no one has to suffer in silence.



# Alice's Story



“My name is Alice, born and bred in Fareham, Hampshire. I’ve spent the majority of my life working in IT and cybersecurity, until recently, when personal tragedy thrust me into the mental health and suicide prevention space.

At 5.28am on Wednesday 25th November 2020, I received a knock on my front door from two Police Officers to tell me that they had found someone they believe had taken their own life, and they had identified that person as being my little brother, Josh.

Life simply hasn’t been the same since. My world stopped turning on that day. Josh was 21 when he took his life, and was often described as the ‘life and soul of the party’. I can’t put into words how much I miss him.

In the immediate aftermath of losing Josh, I became obsessed with going through his phone, tablet, and laptop in a desperate attempt to understand why Josh felt that he no longer wanted to be alive.

It was this research that allowed me to stumble upon internet searches Josh had been carrying out. Josh had been researching techniques to take his own life, and he was provided with devastatingly harmful content in return.

I knew I had to step up and do something to make a change.

To ensure more help and support is given to individuals who are searching for harmful content relating to self-harm and suicide, I set up R;pple; a digital tool (available as a browser extension or through Wi-Fi) that can provide immediate support to people searching for harmful content and instead signpost them to mental health support.

R;pple is completely free for parents, schools, colleges, universities, charities, and individuals, and has so far seen over 2 million downloads around the world, intercepting almost 50,000 harmful searches to provide hope to those who feel hopeless.

Suicide doesn’t discriminate; which is why events like ‘Let’s get Talking about Suicide’ aren’t just important, they’re crucial.”

**Alice Hendy**



# R;pple Suicide Prevention Mental Health and Suicide First Aid Resources

2024 Edition



Scan Me!



Building <suicide-safer>  
communities, together.



# Mental health - Matters of the mind!

"Something that affects us all, during our own unique individual life journeys.

My parents divorced during a time where I was of an age not to understand the meaning of divorce. My mum Fiona was plagued by mental ill health, so much to the point in her life, she could no longer see a way forwards in Life.

I was home on leave from the British Army. A couple of days before I was due to return back to my Regiment, I experienced a massive blow in my life journey!

During my 1st couple of days at home, Mum out of the blue, asked me if I was happy? At that point of her asking - I felt happy with life. I had a stable job with security, I was also in a relationship. Life felt good.

My mum's last words to me were, "Im just walking Janet home".

Later that afternoon one of my mums friends phoned to see if mum was home! I told her that mum had gone out earlier. Later on that day, a car turned up at the front of the house. On answering the door, two CID officers introduced themselves to me. They informed me that a woman's body was discovered below the Kessock Bridge in Inverness that afternoon. ID found on the body lead the officers to the house.

It has taken me years to come to terms with losing my Mum, in the way that I did.

I am aware that many others have lost loved ones in similar circumstances.

There is no quick fix in grief.

Time is a healer.

I have tried to take my life on several occasions, since losing Mum.

There is light at the end of the tunnel".

**Graham Culton**



# YOU ARE NOT: --- ALONE

The Portsmouth Mental Health Hub can help you find the right support for you

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[www.mentalhealthinportsmouth.co.uk](http://www.mentalhealthinportsmouth.co.uk)



←  
SCAN ME

**Talk to someone**

Call 0300 123 6621

(Monday-Friday, 8am-6pm)

# Sarah's Poem

It's many years since you passed  
The hole you left will forever last  
Out of the darkness you couldn't see  
Just how much you shone to me

Dad your death won't be in vain  
It will help others relieve their pain  
Your kind heart will forever live  
Your name will represent hope to give  
My wasted heart will have a place for you  
In everything I do

Let all I do make you proud  
Zero suicide society hear me loud  
The lives we've lost  
Are greatly missed  
Lets talk and share  
make others aware

To be gracious, conscious and kind  
Be up front and honest with an open mind  
To save one life will be all i ask  
Let's make suicide a thing of the past

Sarah Mitas





## Scan Me

to watch more films about  
"Let's Get Talking About Suicide"



### **FILM CREW** **4U** SOCIALY INCLUSIVE FILMMAKERS

Thank you for supporting our first ever "Let's get Talking about Suicide" event back in 2023 and producing this short film to raise awareness.



### **Lara's Story**

Thank you for sharing your "Lived Experience" and for your contributions in organising this event.



### **Josh Jones** **"Elevating Everything"**

Watch the highlights from last year's event.  
Thanks Josh for helping out.



### **Seekers Creates** **"A Beautiful Poem"**

Written by Clair Martin and Steve Baker





Jordan Walters



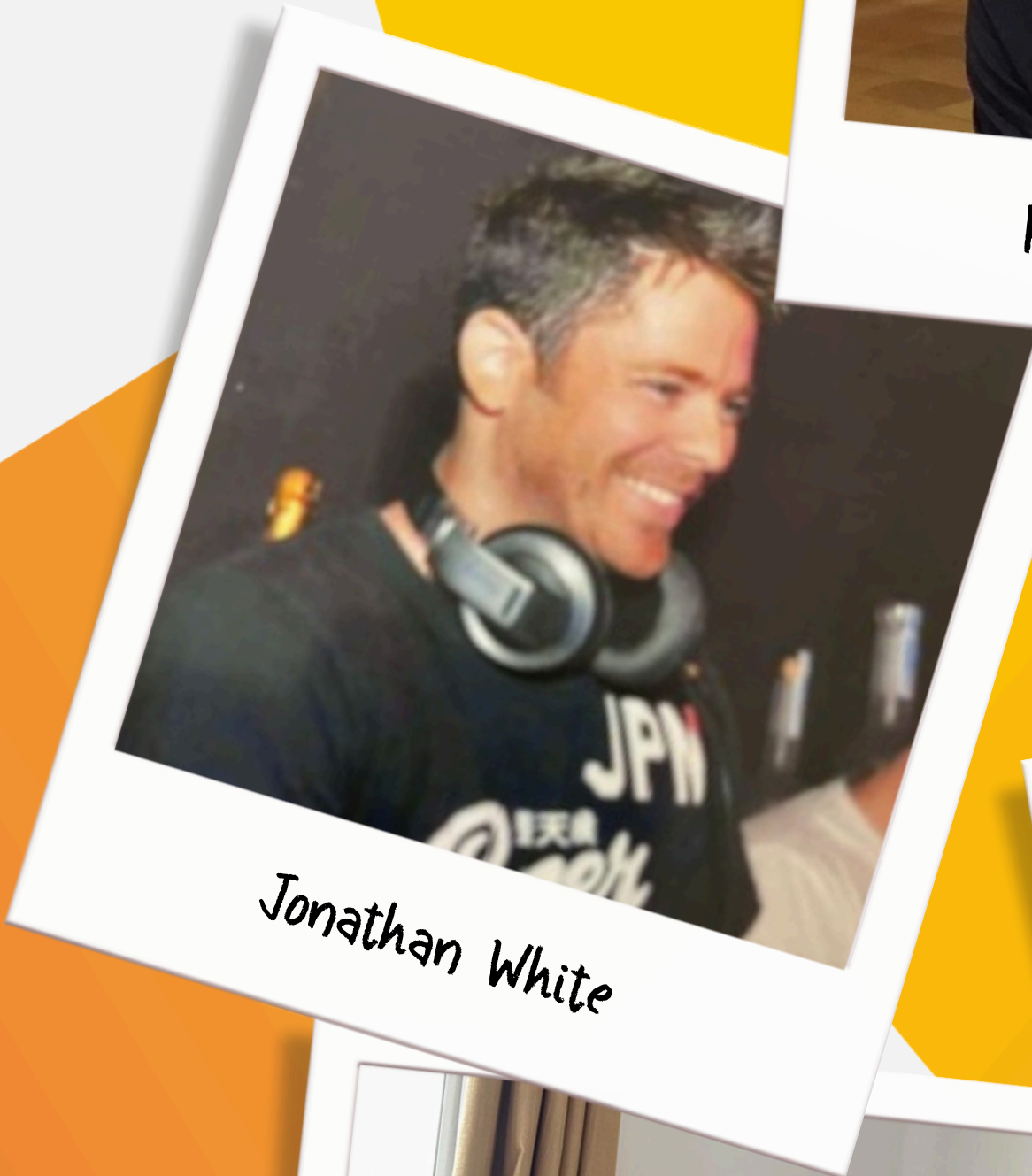
Amber Jackson



Robert Robbins



Georgia Illmans



Jonathan White



Ian Martin Dyer



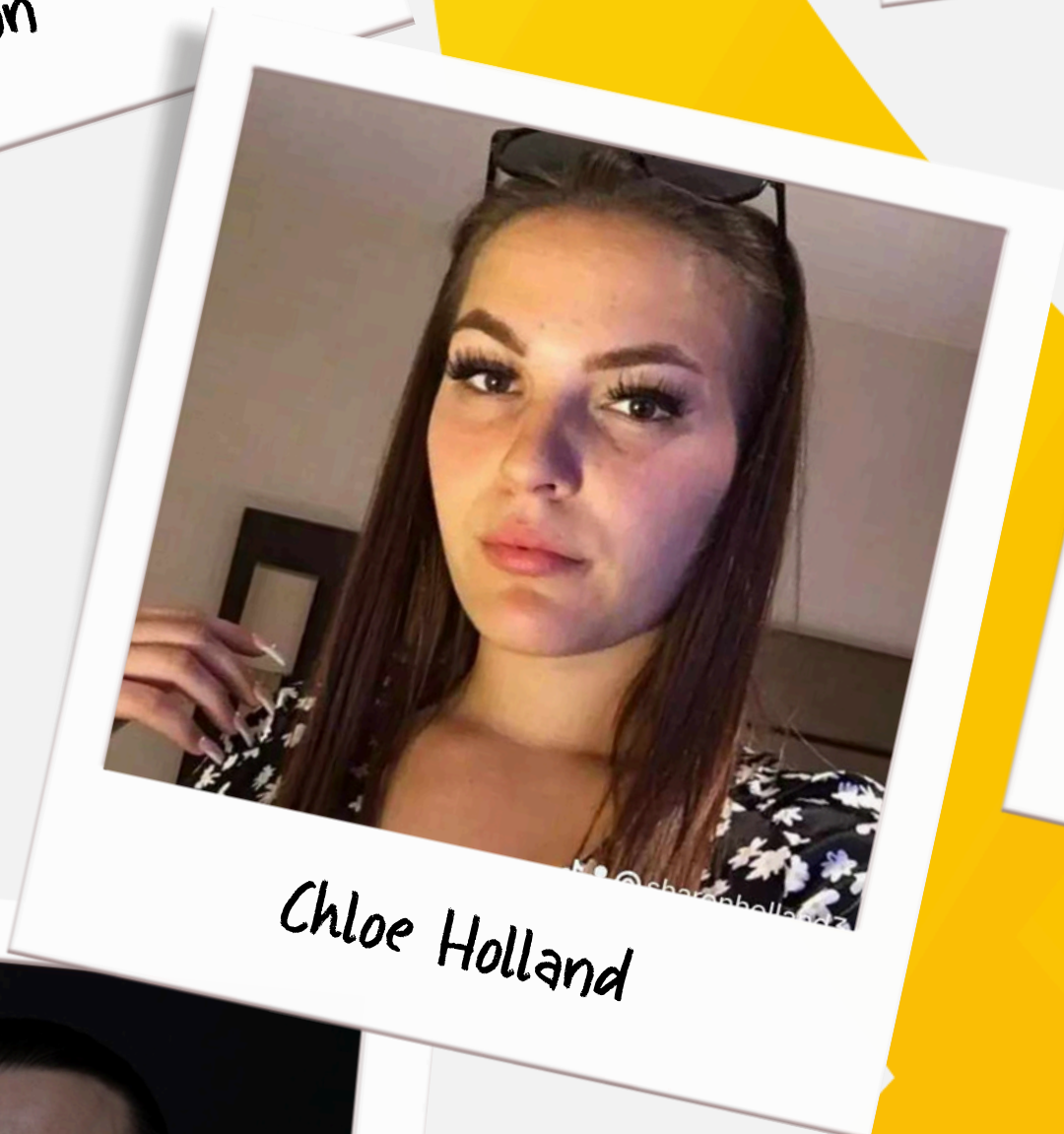
David Micheal Tull



Bryony Deacon



Fiona Culton



Chloe Holland



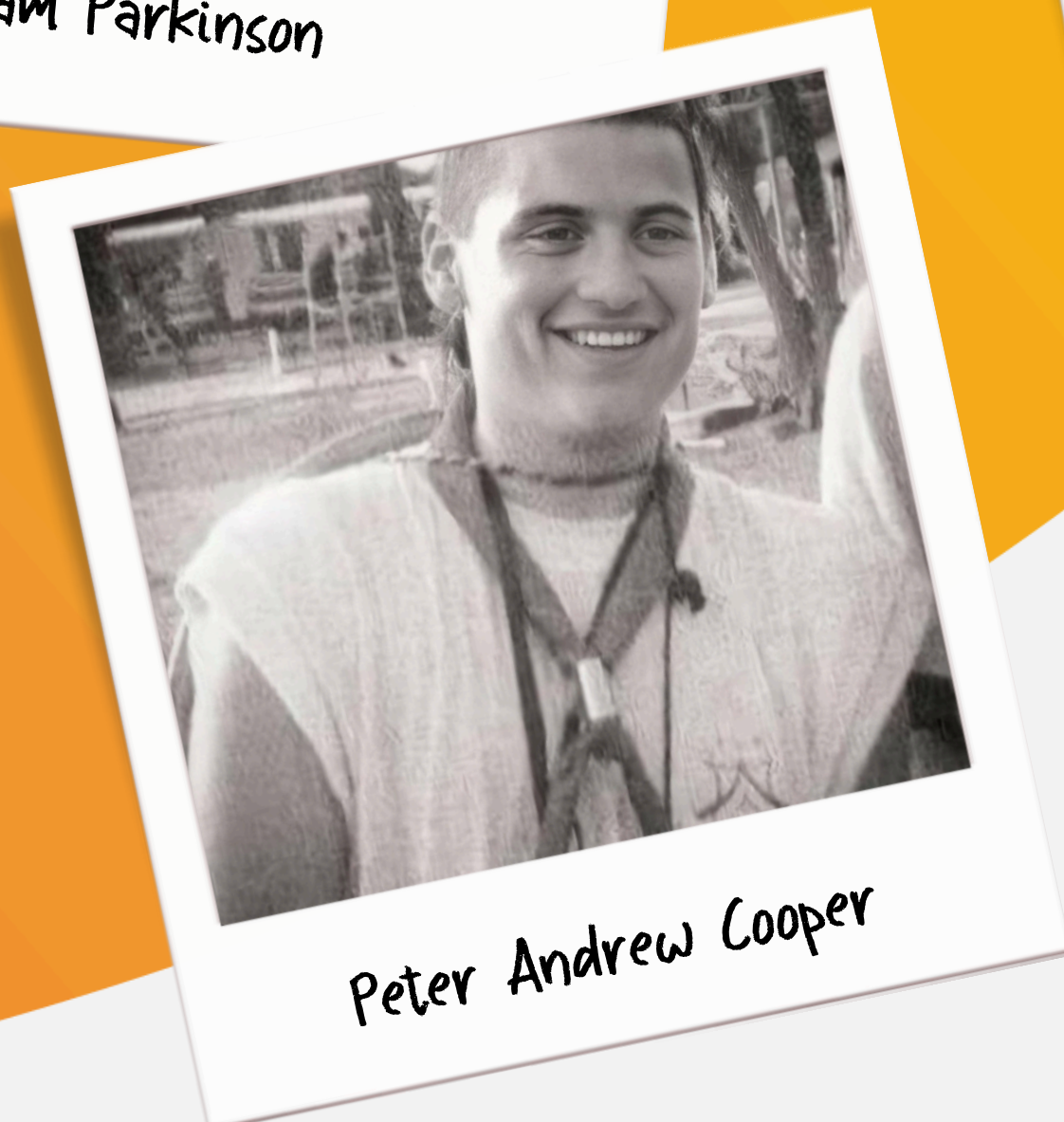
Beryl Holland



Sam Parkinson



Stefan Tage Kluibenschadl



Peter Andrew Cooper

Never  
**Forgotten**



# Are you feeling lonely & isolated?

Contact us for more details at:  
[projectiris@inclusioneducation.org.uk](mailto:projectiris@inclusioneducation.org.uk)

Or find out more at:  
[www.inclusioneducation.org.uk](http://www.inclusioneducation.org.uk)

CIO No. 1162711

# Project Iris

**You are not alone.**

**Reach out & ask for help. Grow hope.**

**Project Iris is a new programme aimed at young people aged 11- 25 experiencing loneliness, isolation, suicidal ideation, thoughts & self harm.**

[inclusion]  
Education



# PAPYRUS

PREVENTION OF YOUNG SUICIDE

**No young person should ever have to suffer alone with thoughts of suicide.**

## HOPELINE247

If you are having **thoughts of suicide** or are concerned for a young person who might be, you can contact **HOPELINE247** for confidential support and practical advice.

**Call: 0800 068 4141**

**Text: 88247**

**Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

More information is available on our website: [papyrus-uk.org](http://papyrus-uk.org)



## TRAINING

PAPYRUS offers a range of **suicide prevention training**, which is available to individuals, organisations and communities who want to create a suicide-safer society.

Scan the QR code to book a course.



## VOLUNTEERING

By raising awareness in our local communities about the support PAPYRUS provides, we can all play our part in preventing young suicide. **We need passionate and committed volunteers to help us do this.**

Scan the QR code to find out more.



# Suicide Prevention and Postvention Service for Workplaces

Supporting businesses to develop a mentally healthy workplace and create opportunities for early intervention. Our bespoke service can include consultation, guidance, access to an exclusive eGuide and webpage, and free workshop sessions. Developed in partnership with Hampshire, Portsmouth, Southampton and IOW Public Health. Find out more and contact us: [workplace@easthantsmind.org](mailto:workplace@easthantsmind.org)

## Interested in our other services?

HEH Mind delivers free to access mental health wellbeing and crisis services supporting individuals, groups, families and workplaces across South and East Hampshire. Find out more by visiting our website: [easthantsmind.org](http://easthantsmind.org)



# Support Directory

## **INCLUSION RECOVERY HAMPSHIRE**

WWW.INCLUSIONHANTS.ORG

AGED 25 AND OVER TEL: 0300 124 0103

AGED 24 AND UNDER TEL: 0845 459 9405

SPECIALIST FAMILY AND CARER SUPPORT SERVICE ON 023 8039 9764

## **ALCOHOLICS ANONYMOUS**

ALCOHOLICS-ANONYMOUS.ORG.UK/INTERGROUPS/SOUTHDOWN-INTERGROUP/

## **ANDY'S MAN CLUB**

ANDYSMANCLUB.CO.UK

## **ARUKAH**

ARUKAH.CO.UK

## **BH LIVE**

BHLIVE.ORG.UK

## **BREASTFEEDING NETWORK**

BREASTFEEDINGNETWORK.ORG.UK

## **CAMHS**

WWW.WHAT0-18.NHS.UK

## **CATALYST SOCIAL ENTERPRISE**

CATALYSTSOCIALENTERPRISE.ORG

## **CHRISTOPHER LANE TRUST**

CHRISTOPHERLANETRUST.ORG.UK

## **CITY ARTS PORTSMOUTH**

CITYARTSPORTSMOUTH.COM

## **COCAINE ANONYMOUS**

COCAINEANONYMOUS.ORG.UK

## **CREATFUL CIC**

CREATFUL.CO.UK

## **GAMBLERS ANONYMOUS**

GAMBLERSANONYMOUS.ORG.UK

## **GRACE TO RESTORE**

GRACETORESTORE.ORG

## **HEALING FEELINGS**

07538 203593

## **HER NAME WAS CHLOE HOLLAND**

LINKTR.EE/HERNAMEWASCHLOEHOLLAND

## **HIVE PORTSMOUTH**

HIVEPORTSMOUTH.ORG.UK

## **HUNTER GATHERER**

HUNTERGATHERER.COFFEE

## **INCLUSION EDUCATION**

INCLUSIONEDUCATION.ORG.UK

## **INCLUSION RECOVERY**

INCLUSIONEDUCATION.ORG.UK

## **KOOTH**

KOOTH.COM

## **LISTENING EAR**

LISTENING-EAR.CO.UK

## **LIVING WELL WITH LAUGHTER**

RUTHHEATHERLEY@GMAIL.COM

## **MAN MIND**

MAN-MINDCLOTHING.CO.UK

**MANGANG**

MANGANG.ORG

**MATTHEW CLARK PHOTOGRAPHY**

WWW.MATTHEWPJCLARK.CO.UK

**MENTAL HEALTH HUB**

MENTALHEALTHINPORTSMOUTH.CO.UK

**MENTAL HEALTH MOTORBIKE**

MHMOTORBIKE.COM

**MIND HAVANT AND EAST HANTS**

EASTHANTSMIND.ORG

**NO LIMITS**

NOLIMITSHELP.ORG.UK

**OP COURAGE - BHFT**

OPCOURAGESOUTHEAST.NHS.UK

**OUR LITTLE PLACE LTD**

LISA&TERRIE@OURLITTLEPLACE.CO.UK

**PAPYRUS**

PAPYRUS-UK.ORG

**PARCS**

FAMILY-ACTION.ORG.UK

**PCC LGBTQ+ YOUTH SERVICE**

07586534096

**PORTSEA MEN'S SHED**

PORTSEAMENSSHED.ORG.UK

**PORTSMOUTH CREATES**

PORTSMOUTHCREATES.CO.UK

**PORTSMOUTH FOREST SCHOOL CIC**

PORTSMOUTHFORESTSCHOOLCIC.CO.UK

**PORTSMOUTH PRIDE**

PORTSMOUTHPRIDE.ORG.UK

**RED SAUCE THEATRE COMPANY**

REDSAUCETHEATRECOMPANY.CO.UK

**SAMARITANS**

SAMARITANS.ORG

**SEEKERS CREATE**

SEEKERSCREATE.COM

**SIRENITY SOUND FOR THE SOUL**

SIRENITY.CO.UK

**SMILEMAKER COACH**

SMILEMAKERCOACH.COM

**SOCIETY OF ST JAMES**

SSJ.ORG.UK

**SOLENT MIND**

SOLENTMIND.ORG.UK

**SPARK COMMUNITY SPACE**

SPARKCOMMUNITYSPACE.CO.UK

**SPARKS & SEEDS**

SPARKSANDSEEDS.COM

**SPINNAKER SPEAKERS**

07985336930

**SPORT IN MIND**

SPORTINMIND.ORG

**STOP DOMESTIC ABUSE**

STOPDOMESTICABUSE.UK

**SUICIDE AND CO**

SUICIDEANDCO.ORG

**SURVIVORS OF BEREAVEMENT BY SUICIDE**

UKSOBS.COM

**TAKE COVER**

TAKE-COVER.ORG

**TALKING THERAPIES**

TALKINGTHERAPIESPORTSMOUTH.NHS.UK

**THE BEAUTIFUL MIND COACH**

THEBEAUTIFULMINDCOACH.COM

**THE NOSH WAGON**

07548 984295

**THINK BIG DO BIGGER**

THINKBIGDOBIGGER.CO.UK

**UNITED MINDS HAMPSHIRE**

UNITED-MINDS.CO.UK

**VETERANS OUTREACH SUPPORT**

VOSUK.ORG

**YOUNG CARERS**

07586 534096

**YOUNG ENTREPRENEURS SOCIETY**

YESPORTSMOUTH@GMAIL.COM

**432NOMADS**

432NOMADS.COM

# Bianca's Story



"My name is Bianca. I'm 34. I've always felt things so very deeply for as long as I can remember. The real struggle mentally came in my mid 20's amidst some unexpected and traumatic loss. I lost family to homicide cancer and suicide and mentally it was a lot to take. It changed the way I think, feel and act. That's what trauma does, it changes your brain chemistry. I think that many of us including myself need to remember this and give ourselves grace.

When I entered my 30's I began to take my power back. I stopped drinking, started to educate myself on my mind and body, understanding my hormones so I could better control them (I was diagnosed PMDD a cyclical hormone based mood disorder). I also started a well-being organisation called Mindset Maintenance to help others take control of their mind too. I don't have it altogether. I still get dark and intrusive thoughts and have to challenge them through therapy and other methods. However, my level of resilience has increased and if it wasn't for the self-help tools and the little changes put in place that have compounded into a lifestyle change I don't know where I'd be.

Just remember you are worthy of a good life and it is possible.

Not every day has to be a good day.

You are loved."

**Bianca Brathwaite**



N DIFFERENT ABU  
\* Bills  
LONELY LOO  
WORK  
\*  
PARENTHOOD



IT'S OK TO TALK  
ABOUT SUICIDAL FEELINGS

**REACH OUT**

TEXT  
'HANTS' TO  
**85258**

CALL  
SAMARITANS  
**116 123**

# More Than Just COFFEE

Pop along to MAKE@Aldingbourne Enterprises in Fratton for the best cakes in town! While you're here, check out our charity shop with unique treasures or visit our new café at the John Pounds Centre in Portsea to connect with the community and support a meaningful cause. As part of the Aldingbourne Trust, we support adults with learning disabilities and autism, who help create the treats you enjoy. Every visit makes a difference - see you soon!



 Coffee, Cake, Homemade Lunches

 Charity Shop Gems

 Creative Community Workshops

 1 Cornwall Rd, Fratton, Portsmouth PO1 5AA



 Coffee, Cake, Homemade Lunches

 In the Heart of the Community

 Gym, Office / Art Spaces, Library, Nursery

 23 Queen St, Portsea, Portsmouth PO1 3HN



# GIG BUDDIES

“A gig buddy is a volunteer that is matched with a person with a learning disability to go to gigs, socials and share hobbies together”



VOLUNTEER AS A GIG BUDDY



SCAN ME

If you enjoy live music, theatre, outdoor activities, or crafts, use your passion for socialising and having fun to help someone in your community get out and enjoy themselves a couple of times a month.

Contact Us:

[mikeh@aldingbourne.org](mailto:mikeh@aldingbourne.org) | 07475 812431



# DYNAMITE

A co-production group for 14-25 year olds with disabilities.

Dynamite ensures that young people with disabilities or special educational needs have a voice in shaping the services they use. They do this through social evenings, inspections of services, surveys, and meetings with decision-makers. Anyone aged 14 to 25 with a disability or special educational needs who uses services in Portsmouth can join Dynamite.

Contact Us:

[michellec@aldingbourne.org](mailto:michellec@aldingbourne.org) | 07584632592



# Sylvia's Story

"Hi my name is Sylvia, here is why "My Warrior Son" Christopher passed away on 12/02/21 aged 30 years. After 30 years and 10 months he endured 174 bowel operations/procedures, multi organ transplant-rejections and so many other complications the medical list was endless.

So for all these years I had to be strong and by his side. So when he died 'OMG..NO NOT MY SON', I was broken. I visited him everyday at Barrells funeral home. His funeral was 16th March and he is buried 5 min walk from my house, I'm there everyday.

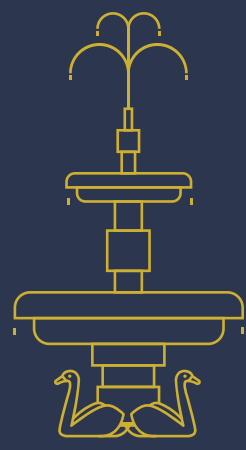
From then I started getting more and more abstract thoughts. I was struggling getting through the days and nights. I needed support, I needed to tell someone. I reached out to Positive Minds over the years and they were brilliant. I told them I was suffering with severe sadness. They listened. They referred me to Talking Change who then referred me to David Nia for CBT therapy over the video call every Friday for 12 weeks. I kept talking about my childhood trauma and bits of Chris, so obviously I needed more help but didn't ask for it.

Then October 2023 I woke up this time with more severe sadness and thinking an unusual amount about my death. How to do it? How long would it take? My family history of suicide (My Dad) in 1977 aged 24 was on my mind.

At 16 I had attempted suicide due to events in my childhood. So after phone calls from a friend and speaking to 111. The crisis mental health team contacted me and I had an emergency appointment for the next morning. I was assessed by a psychiatric doctor and given home visits, medication and guidance. I received a lot of help from my GP. I recognise I am grieving, but I recognised that my son fought to be here and I need to fight to be here and make him proud. It's hard but there is help out there."

Sylvia Cole





## VICTORIA PARK

THE PEOPLE'S PARK

The new Green House community building sits at the heart of Victoria Park. There are lots of events and activities to get involved with like art classes, mindfulness and support groups. The space can also be hired by local community groups and organisations to hold their own workshops, activities and events.



[victoriaparkportsmouth.org.uk](http://victoriaparkportsmouth.org.uk)



**Survivors of  
Bereavement  
by Suicide**

Survivors of Bereavement by Suicide is the only national charity that provides peer-support for adults who have been bereaved or impacted by suicide loss.

We run in-person groups, virtual groups, a telephone support line, and community forum, providing safe, confidential spaces for connection and support.

We know the ripples of suicide loss are long-lasting and far-reaching, so we accept anyone touched by it regardless of the relationship or how much time has passed. If you have been affected by the death of someone lost to suicide, we've been through it too, and we're here if you need us.

[WWW.UKSOBS.COM](http://WWW.UKSOBS.COM)



1:1 Drawing & Talking  
Group Work  
Sand Play  
Lego Therapy

# Healing Feelings

## Health & Wellbeing Coaching

Coaching can help you make positive lifestyle changes, supporting and encouraging you to empower you to take charge of your wellbeing.

## Drawing & Talking

Drawing and Talking is a safe and confidential practice that offers therapeutic emotional support for children, young people and adults. It helps with processing trauma, anxiety, worries and emotions.

For more information or a complimentary consultation please contact me.

**Ali Smith**

- 📞 07538 203593
- 📘 Healing Feelings
- 📷 healingfeelings\_23
- ✉ healingfeelings23@gmail.com





**VICTORIA PARK**  
THE PEOPLE'S PARK



**Portsmouth**  
CITY COUNCIL

— ” —  
**THANK  
YOU**  
— ” —

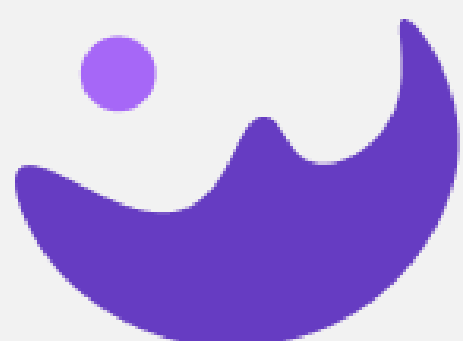


**Aldingbourne  
Trust**

Support Change · Live Life · Change Lives



**HSBC UK**



**R;pple**



# Contact Us

To get involved in next year's  
“Let’s Get Talking About Suicide” event  
contact - **[SarahM@aldingbourne.org](mailto:SarahM@aldingbourne.org)**

For sponsorship opportunities contact -  
**[AbigailR@aldingbourne.org](mailto:AbigailR@aldingbourne.org)**

Aldingbourne Trust Charity Number: 276484

