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| **Suicide****Safer Schools and Colleges**Guidance for Essex schools and education settings**Essex Educational Psychology**September 2024 |

**Suicide-Safer Schools and Colleges**

The following has been taken from the organisation called PAPYRUS.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

They are a charity dedicated to the prevention of young suicide in the UK. They also make available and promote positive mental health and emotional wellbeing in young people. Their mission and belief is that no young person should have to struggle alone with thoughts of suicide**.**

**Building Suicide-Safer Schools and Colleges- A Guide for teachers and staff**

[toolkitfinal.pdf (papyrus-uk.org)](https://papyrus-uk.org/wp-content/uploads/2018/08/toolkitfinal.pdf)

**Video**

If you are concerned about a friend or family member, please talk to them about it.

Let’s end the stigma about suicide. This is a helpful short video.

[Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)](https://www.papyrus-uk.org/)

**Resources**

**Communicating**

[Communicating-with-Young-People-A5-Booklet-English-2023.pdf (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2023/07/Communicating-with-Young-People-A5-Booklet-English-2023.pdf)

[Conversation Starters | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/conversation-starters-4/)

**Hopeline Poster**

[A3-HOPELINE247-Poster-English.pdf (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2023/06/A3-HOPELINE247-Poster-English.pdf)

[A4-HOPELINE247-Poster-English.pdf (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2023/06/A4-HOPELINE247-Poster-English.pdf)

**Support for Young Person**

[Suicide safety plan | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/resource-suicide-safety-plan/)

[HOPEBOX resource (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf)

[HOPEBOOK (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2018/10/HOPEBOOK.pdf)

HOPELINK is PAPYRUS’s digital platform that is helping HOPELINE247 callers to revisit their suicide safety plans, online.

This unique two-way safety plan is simple to set up, secure and will help to save lives. It is also accessible to users 24/7, meaning that there will be support around the clock for anyone using the service.

<https://www.papyrus-uk.org/hopelink/>

**Parent support**

[Supporting Your Child | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/supporting-your-child/)

[Copy of Supporting your child - ENG version FINAL (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2020/10/Poster-of-Supporting-your-child-ENG-version-FINAL.pdf)

**Other Resources**

[Sexual orientation and gender identity | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/resource-sexual-orientation-gender-identity/)

[Coping With Exams | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/coping-with-exams-3/)

[Coping Strategies (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf)

[Bereavement | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/bereavement/)

[Distraction Techniques (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2018/10/Distraction-Techniques.pdf)

[Self-harm | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/self-harm/)

[Anxiety | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/anxiety/)

[Being Yourself During Change | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/being-yourself-during-change/)

**HOPELINE 247**

If you are thinking about suicide or are concerned about a young person who may be, you can contact the HOPELINE 247 for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860 039967

Email: pat@papyrus-uk.org

[www.papyrus-uk.org](http://www.papyrus-uk.org)

**Their suicide prevention advisers are ready to support.**

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