



In 2015, a total of 1,659 young people took their own lives

Did you also know?

- Suicide is the biggest killer of people under the age of 35 in the UK.
- On average, four young people end their own lives each day.
- Half of mental health issues are established before the age of 14.
- 1 in 10 young people (aged 5-16) have a clinically diagnosable mental health problem, yet 70% don't receive appropriate interventions at an early enough age.

As a representative, what can you do?

- Teachers and school staff need training to recognise the signs that a student is at risk of suicide and to know how to respond. Encourage schools to be pro-active in providing guidance and information to students on mental well-being and on where they can seek support.
- Canvass OFSTED to include suicide awareness assessment on school inspections.
- Encourage local businesses to protect and support the mental well-being of their staff.
- Encourage NHS and private health care providers to review their mental health care provision. Our Suicide to Hope training can make a huge difference to their practice.

TALK ABOUT MENTAL HEALTH AND SUICIDE! By breaking the taboos and stigma, we can help those who are struggling but who feel unable to ask for help.

TELL PEOPLE ABOUT THE OLLIE FOUNDATION! We offer a range of suicide intervention training courses all of which have one vital purpose: to help people save lives.

www.theolliefoundation.org
contactus@theolliefoundation.org