RESOURCE AND RECOMMENDATION GUIDE

COLLATED BY
THE OLLIE FOUNDATION

RESOURCE BOOKLET

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The OLLIE Foundation was launched in 2016 by three parents who, having each lost a teenage son to suicide, pledged to prevent such losses for other families. OLLIE is devoted to empowering individuals and organisations to reduce suicide in their communities through education, intervention, and prevention.

By providing the right support and knowledge, we're confident in our ability and yours to create positive change and save lives because...

One Life Lost Is Enough

This resource guide has been co-produced with various speakers and the delegates who have worked with OLLIE on our Thought Leadership events, or who we are aware of as an organisation as doing excellent work in the field of suicide prevention. OLLIE has a growing reputation for our Thought Leadership Events, where we shine a spotlight on a community statistically at higher risk of suicide than other communities.

Our talks are always inclusive, bringing all stakeholders together for education, support and development. We believe that together we can be more than the sum of our parts.

Recordings of our panel events are available on our Youtube channel.

Please use your own discretion when contacting any organisation. The OLLIE Foundation can not endorse any of the organisations listed but have curated this signposting guide in good faith and hope you will find it useful.

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Charity/ Organisations

- **'Kick off at 3'**. Initiative set up by Michael Wallace and Ashley Levien with the aim of inspiring, motivating and supporting young people from all backgrounds through the medium of sport, music and other imaginative ideas. Visit their website here.

- **Championing Youth Minds**. Set up by Tanya Marwaha- it's an organisation that aims to provide a platform through which young people can help other young people care for their mental wellbeing. Visit their website here. Tanya Marwaha contact details: By email: tanyamarwaha01@gmail.com, LinkedIn: https://www.linkedin.com/in/tanya-marwaha-047a97186/

- **Kamara Youths Organisation**. Set up to support young people who are in jail, and on the streets in challenging situations, by giving them the support they need so that they feel they have somewhere to go for comfort and help. Visit their website here.

- **Black Wall St.** A community action network and health/ lifestyle page where you can find out a variety of information on a variety of topics related to suicide and diversity. Visit their website here.

- **The Samaritans.** An online support network for those searching for support and help. They run a 24-hour, 365 days a year service. Visit their website here or phone: 116 123

- **Papyrus**. They work in the prevention of young suicide and support anyone connected to a young person that is concerned over their well-being. Visit their website here. They also offer a 'HopeLine' that is available 10am-Midnight every day of the year for support. Call: 0800 068 4141 Text: 07860 039 967 Email: pat@papyrus-uk.org

- **Mind**. A charity that offers support for those that are struggling with their mental health. Visit their website here. Their Peer Support Directory offers services and lists places to access them by area email: peersupport@mind.org.uk

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Charity/ Organisations

- **BAATN** ('The Black, Asian, and African Therapy Network'). Home to the largest community of therapists of Black, African, South Asian and Caribbean Heritage in the UK. Visit their website here. They also offer support for students which can be accessed via this link.

- **Taraki**. An organisation that works with Punjabi communities to reshape approaches to mental health, and improve access to awareness, education, social supports, and research surrounding mental health. Visit their website here.

- **Black Minds Matter**. A charity established to connect Black individuals and families with free mental health services — by professional Black therapists to support their mental health. Visit their website here. Their Instagram is: @blackmindsmatter.uk

- **Show Racism The Red Card.** The UK's largest anti-racism educational charity- the charity uses Shaka Hislop's story and other high-profile football players to help tackle racism in society. Visit their website here. Instagram: @showracismtheredcard

- **Stop Hate UK**. One of the leading national organisations working to challenge all forms of Hate Crime and discrimination- they provide independent, confidential reporting and support for victims, witnesses and thrid parties. Visit their website here. Their Instagram is: @stop_hate_uk

- **RunnyMede Trust**. The UK's leading independent race equality think tank- challenge racial inequality through research, network building, leading debate and policy engagement. Visit their website here. Their Instagram is: @runnymedetrust

- **Sari Charity**. Sari provides free and confidential support for anyone who is a victim of hate crime - whether it's based on gender, faith, race, disability, sexual orientation or age. Sari also works to build greater understanding and respect for diversity and difference within our community. Visit their website here. Their Instagram is: @saricharity

- **South All Black Sisters**. Recognises the challenges Covid-19 imposes on women experiencing abuse, and offers support services via phone, email and their website. Visit their website here. Their Instagram is: @southallblacksisters and their Helpline is: 0208571 9595

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Organisations

- **Hub of Hope** A national mental health database that can locate direct help local to you. Visit their website here.

- **Simply Deez Events.** A Facebook Page that signposts you to various different events and interactions. Visit their page here.

- **Black Thrive**. The Black Thrive Partnership brings together individuals, local communities, statutory agencies and voluntary organisations to address the structural barriers that prevent Black people from thriving. Visit their website here. Their Instagram is: @blackthrive

- **Kick it Out**. Working throughout the football, educational and community sectors to challenge discrimination, encourage inclusive practices and campaign for positive change, Kick It Out is at the heart of the fight against discrimination for everyone who plays, watches or works in football. Visit their website here. Their Instagram is: @kickitout

- **UKBP (UK Black Pride)**. UK's largest celebration for African, Asian, Middle Eastern, Latin American, and Caribbean-heritage LGBTQ+ people. Visit their website here. Their Instagram is @ukblackpride

Individuals

- **Kelly Erez**. A life coach and singer/songwriter that works with lots of different people to find their voice through meaningful conversation, helpful positive psychology tools, and music. Visit her website here.

- **Kieran Nawathe**. Specialises in the field of mental health and nursing related, and is free to contact for advice. Email: kieran.nawathe1@gmail.com

- **Jean Dillon.** Jean is one of our previous OLLIE panelists whose work focuses on mental health policy and practice, sociology, and values and ethics. Email jean.dillon@beds.ac.uk

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Reports and Articles

- **Modernising the Mental Health Act – final report from the independent review**. An independent report that reviews the Mental Health Act of 1983 and its effect on Black Men in specific. Can be viewed here.

- **The Swann Report** (1985) Can be viewed here.

- **Adopted and looked-after children**. A 2021 Academic Article looking at the statistics surrounding different ethnic groups- draws attention to BAME foster children and carers, adopted children, looked after children. Can be viewed here.

- Dillon, J. (2021) '**Black male suicide, a ticking 'time bomb' personal reflections and considerations for suicide awareness and prevention**' (pp. 73-75) in Hidden Narratives from Social Workers of Colour, Litchfield: Kirwin Maclean Associates/BASW.

- Dillon, J. (2011) '**Black minority ethnic students navigating their way from access courses to social work programmes: key considerations for the selection of students**', British Journal of Social Work, (8): 1477-1496.

- Hafford-Letchfield, T. & Dillon, J. (2015) '**Ethics and 'Values within the Social Work Continuum**' in Bell, L. & Hafford-Letchfield, T. Ethics, Values and Social Work Practice, London: Routledge.

Books

- '**Black Identities and White Therapies**' A book about cultural competency for counsellors and other support staff. Available here.

Instagram Accounts

- **@theblackwellbeingcollective** - They hold self-care talks and workshops, holistic practices, creative workshops, and empowering projects.

- **@existloudly** - A page/ online community that aims to create spaces of joy, community and care for black LGBTQ+ youth through creative intervention.

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Slides

MY PERSONAL STORY

- I'm of African-Caribbean/Mixed Heritage. I have worked as a Mental Health Act Manager and Social Work Lecturer for over 20 years.
- My beautiful son, Brett, took his own life on the 04.01.19. It came as a total shock to me. He had accepted help with the issues he was grappling with and was due to start a great new job. On the surface things seemed to be getting better for him. He said he was 'fine' when I spoke to him the night before his death.

How did this happen? I know about these things, don't I? Surely I would have seen the signs? Can we ever really know how bad a person is feeling?

- These are some of the heart-breaking paradoxes associated with suicide.

STATISTICS

- The suicide rate for men in England and Wales in 2019 was the highest for two decades (ONS, 2020).
- Black men are disproportionally more likely to be diagnosed with a serious mental illness; more likely to be sectioned under the Mental Health Act, 1983 and treated with anti-psychotic medication and less likely to receive therapeutic support (Race Equality Foundation, 2019;Care Quality Commission, 2010; Mental Health Foundation (MHF), (No date); Mind (No date).
- In the context of the Covid19 Pandemic, "as of the end of June 2020, one in ten people in the UK reported having had suicidal thoughts or feelings in the past two weeks, and in certain disadvantaged groups there are even higher proportions of people with suicidal thoughts and feelings" (MHF, 2020).
- There is a paucity of data on rates of suicide by ethnicity. The Office for National Statistics only began to publish suicide data by ethnicity in June 2021, as part of a mandatory initiative in the wake of Covid-19 death disparities.

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Slides

BLACK MALE SUICIDE= A TICKING TIME BOMB: CONTRIBUTORY FACTORS

- **Notions of masculinity and negative stereotypes.** 'The strong black man'; 'man-up'. Such notions may go back to slavery when black men were forced for survival purposes to suppress their sorrow and rage = ***mortification of the self and the soul***. Negative stereotyping may also include a focus on outward appearances by mental health professionals, resulting in a failure to recognise when black men are at acute risk of suicide. For example, when my son presented at A&E he was observed by the Health Care Professional who saw him, and who stated in his report to the Coroner, that Brett was '*smartly dressed*'.
- **The impact of micro-aggressions linked to racism**. As a result of the BLM social movement, there is a greater recognition among White people of the internalised pain associated with micro aggressions and trauma linked to racism. For black men this typically starts in early childhood (The Swann Report, 1985) and can be triggered across the life course by stressful life events/vulnerability factors such as relationship problems, substance misuse, work pressures, and more recently worries linked to the Covid19 Pandemic.
- **Stigma and mistrust of mental health services** (Dillon, 1999; Mind (no date) can result in black men's denial of self, a sense of shame, guarded, distancing and deflecting behaviour towards others when they express concern, and a reluctance to seek or access support. Manifestly, the potential for ***a dangerous withdrawal into self***.

RECOMMENDATIONS

- Robust data on the rates of suicide by ethnicity to be collated by the NHS and the Coroner's Office and included in national statistics.
- The development of culturally specific risk assessment tools and interventions, underpinned by a recognition that black men may present differently when at acute risk of suicide.
- Continued awareness-raising of black male mental health to help minimise stigma among different communities, to build trust in health care services/professionals, and to encourage access to mental health services.
- Suicide awareness initiatives such as that set up by the One Life Lost is Enough (OLLIE) Foundation, a suicide awareness/prevention charity. *The Brett Movement* is an initiative set up in honour of my son in 2019; it focusses on barber shops and gyms with the aim of looking out for signs of mental distress among black men, encouraging them to talk and signposting them to relevant services and support.
- More informal support initiatives for black men e.g. the Tuesday Club which my son attended involves black men meeting informally on a weekly basis, cooking Caribbean food together and, essentially, talking and sharing how they are feeling i.e. Time To Talk strategies normalising conversations about mental health/illness.

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Staying connected with The OLLIE Foundation

OLLIE is based in the UK but our training is delivered both online and in person. This means that wherever you are in the World, OLLIE can deliver training to you!

Thought Leadership

As well as hosting discussions around Adoption, Addiction and Trauma, we also run regular Thought Leadership events with a focus on topics such as the Link between Autism and Suicide and Gender and Suicide. These can be found on our Youtube.

Online Training Sessions

We have a range of wellbeing and suicide prevention training programmes that are delivered online via Zoom. You can access more information and booking here.

In-house Training Sessions

All of our open training offers can be delivered in-house to your workplace, school or community group, tailored to your needs and at a time convenient for you. Please email contactus@theolliefoundation.org for more information about this.

Volunteers and Fundraisers

If you are interested in supporting OLLIE, either by volunteering your time and skills or completing a fun challenge or run to raise funds for us, please email chris@theolliefoundation.org to find out more.

To keep updated with when our events are happening and to hear regular updates about OLLIE's work, subscribe to our Newsletter here.

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