THE OLLIE FOUNDATION

ONE LIFE LOST IS ENOUGH

SUPPORT RESOURCES

www.theolliefoundation.org

EMERGENCY ACTION

If you are worried about your own, or someone else's suicidal feelings or thoughts, take the following action immediately:

For a life-threatening situation call 999 if you need urgent help for your mental health.

Get help from 111 online or call 111 and select the mental health option.

If you are feeling unable to cope, make an urgent appointment with your GP or call the Samaritans on 116 123.

Alternatively you can go to your nearest A&E Hospital or self-refer to The Wellbeing Service by calling 111.

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CRISIS SUPPORT

Silent Solutions

For any emergency when you cannot talk, call 999 then press 55 The 999 emergency service has an additional service called **Silent Solutions** for times when you need emergency help, but cannot speak. The service works in the same way as calling 999. When the operator asks which emergency service you require, if you don't say anything they will ask you to cough or make another noise like a tap on the handset. If it's too risky to do this (for example, if you are hiding from an attacker), the operator will ask you to **dial 55**. This will then alert them to the fact that no, you haven't called 999 accidentally – and yes, you need urgent help. The system tracks your location using GPS and sends help.

Samaritans

www.samaritans.org/how-we-can-help/contact-samaritan/

Aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland, often through their telephone helpline.

FREE confidential support in a crisis 24/7, 7 days a week.

Call FREE 116 123. Calls cannot be traced.

Email- jo@samaritans.co.uk; **Write a letter**; **Use the Self Help App**

Shout

www.giveusashout.org

A 24-hour text service, free, confidential crisis text support for anyone in crisis, anytime, anyhow. Text - **85258**

Childline

www.childline.org.uk

Call FREE on **0800 1111** - 24/7, 7 days a week counselling service for children and young people.

When you call you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about.

Combat Stress

Crisis support for veterans struggling with depression. FREE HELPLINE: **0800 1381619**
https://combatstress.org.uk/

Samaritans have a Veterans Support Hub for the military community.

Call FREE on **0808 175 3075**
open 24/7

SANE
www.sane.org.uk
Offers emotional support and information to anyone affected by mental health problems. It also provides an online support forum.
Call- **0300 304 7000**

Papyrus
https://www.papyrus-uk.org/
PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.
Call Papyrus Hopeline 247 on 0800 068 41 41 (under 35 years old)

Hub Of Hope
https://hubofhope.co.uk
This is an online directory that lists a range of services that are available to you locally and national

Befrienders Worldwide
https://www.befrienders.org
Offering confidential support for people in emotional distress or those close to them. You are not alone. Get help from trained volunteers 7 days a week.

Mind
www.mind.org.uk/
When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital.
Call - 0300 102 1234

No Panic
nopanic.org.uk
No Panic offers advice, support, recovery programs and help for people living with phobias, OCD and any other anxiety-based disorders.
Call 10am-10pm 0300 772 9844

Refuge
refuge.org.uk
Refuge is the largest domestic abuse organisation in the UK. On any given day our services support thousands of women and their children, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.
Call 0808 2000 247

CALM – Campaign Against Living Miserably
www.thecalmzone.net
A charity helping to prevent male suicide in the UK. They provide a helpline open daily between 5pm to midnight (365 days a year), a webchat service and advice if you are worried about someone.
Call- 0800 585858

MENTAL HEALTH SUPPORT

Hector's House

Hector took his life in April 2011 and in his memory Hector's House charity was established. It provides an informational resource should you, or someone you know, be having suicidal thoughts.

Email: hihector@hectorshouse.org.uk
Visit: www.hectorshouse.org.uk

Herts Mind Network

A charity that creates opportunities for individuals to make choices, find their own solutions and manage their own wellbeing.

Call: 020 3727 3600
Visit www.hertsmindnetwork.org

Maytree

Provides residential space for people experiencing a suicidal crisis.

Call: 020 7236 7070
Visit: www.maytree.org.uk

Mind in Mid Herts

A local charity with a positive and holistic approach to promoting mental wellbeing. It supports individuals aged 16+ who are suffering, or who have suffered from, mental and emotional distress.

Call: 01727 865070
Visit: www.mindinmidherts.org.uk

Single Point of Access

Part of Hertfordshire Partnership University NHS Foundation Trust (HPFT), it screens referrals which come into Mental Health Services within Hertfordshire. The service is open 8am to 7.30pm daily and will direct your enquiry to the relevant service.

Call: 0300 777 0707
Visit: www.hpft.nhs.uk/i-need-help-now

Kooth XenZone

An online provider of mental health services for children and young people registered with a GP in Herts. It provides online counselling and an emotional wellbeing platform accessible on mobile, tablet and desktop. It is FREE at the point of use.

Visit: www.kooth.com

Samaritans

Available 24/7, every day of the year. Samaritans supports anyone who needs help in the UK and Republic of Ireland, working closely with schools, colleges, universities, workplaces, health and welfare services, homeless shelters, prisons and other charities. Samaritans also promotes awareness of OLLIE at local social venues, community events and music festivals.

Call: 116 123

Visit: www.samaritans.org

Togetherall

A 24/7 safe online community to share troubles. The community is guided by trained professionals.

Visit: **www.togetherall.com**

CALM – Campaign Against Living Miserably

A charity helping to prevent male suicide in the UK. They provide a helpline open daily between 5pm to midnight (365 days a year), a webchat service and advice if you are worried about someone.

Visit: **www.thecalmzone.net**

PAPYRUS (Prevention of Young Suicide)

A charity that provides valuable support for young people up to the age of 35.

Call: 0800 068 4141

Visit: **www.papyrus-uk.org**

YoungMinds

Offers a confidential helpline and support service for parents and carers worried about young people up to the age of 25.

Call: 0808 802 5544

https://www.youngminds.org.uk

Youth Talk

Provides counselling for 13-25 year olds who live, work or go to school/college in St Albans.

https://youthtalk.org.uk/

Call: 01727 868684

Hub Of Hope

The UK's biggest mental health database aims to bring together all of the mental health support available in the UK in one place.

Visit: **www.hubofhope.co.uk**

Stay Alive App

A free national suicide prevention pocket resource, packed full of information to help you stay safe. It offers help and support both to people with thoughts of suicide and to those concerned about someone. It's available on Google Play and the iTunes App Store.
Download here: **https://www.stayalive.app**

Herts Wellbeing Service

Offers FREE confidential talking therapy and practical support for Hertfordshire residents experiencing a wide range of mental health problems such as worry, low mood, insomnia and stress.

Visit: **www.hpft.nhs.uk/services**

Turning Point Complex Needs

Improves lives through support across a range of areas including mental health. For the full range of services visit the below link.

Visit: **www.turning-point.co.uk**

JOCA (Just One Click Away)

JOCA is your welfare committee dedicated to promoting and ensuring pastoral care and general well-being

Email: joca@welwynrfc.co.uk

Visit: **https://jocarugby.co.uk**

Local Minds

offers a face-to-face services across England and Wales. These services include talking therapies, peer support, advocacy, crisis care, employment and housing support.

Find your Local Mind here: **https://www.mind.org.uk/information-support/local-minds/**

Side by Side

A supportive online community for anyone experiencing a mental health problem.

Visit: www.sidebyside.mind.org.uk/

SELF HARM

SelfharmUK A project dedicated to supporting young people impacted by self-harm, providing a safe
space to talk and discuss, get advice and help. There is also an online support group.
info@selfharm.co.uk www.selfharm.co.uk

Self-Injury Support

A national organisation that supports girls and women affected by self-injury or self-harm. It has a helpline and TESS text service for girls and young women up to 24 years old.
T: 0808 800 8088 TESS Text: 0780 047 2908 www.selfinjurysupport.org.uk

Harmless

A user-led organisation providing a range of services including support, information, training and consultancy to people who self-harm, as well as their friends and families.
www.harmless.org.uk

LifeSIGNS

A user-led small charity creating understanding about self-injury and giving support and guidance to self-harmers, family and friends. **www.lifesigns.org.uk**

The Mix

UK based charity providing FREE confidential support for young people under the age of 25.
www.themix.org.uk/mental-health/self-harm T: 0808 808 4994

National Self Harm Network (NSHN)

Survivor-led monitored forum for people who self-harm and their friends and families.
www.nshn.co.uk

CHILDREN AND YOUNG ADULTS SIGNPOSTING APPS

Apps are not to be used instead of professional support, but as an addition. They can help you effectively manage your own general wellbeing and mental health.

PACIFICA

Daily tools for stress, anxiety and depression alongside a supportive community. Based on cognitive behavioural therapy and mindfulness meditation.

Available on iOS, Android and Web

SAMAPP: APPS FOR ANXIETY

SAM is an application to help you understand and manage anxiety.

Available on iOS and Android

CALM

The #1 App for Mindfulness and Meditation.

Available on iOS, Android and Web

What's Up? Anxiety App

This app uses CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more.

Available on iOS and Android

Thrive: Feel Stress Free

When logged in you can access information and tips to help you relieve stress and anxiety. There are tabs for meditation, deep relaxation, self-hypnosis and more.

Available on iOS and Android

Breathe2Relax

The relaxation app trains you on the "belly breathing" technique that has proven benefits for your overall mental health.

Available on iOS and Android

Recovery Record: RE Eating Disorder Management

This highly rated app draws on cognitive behavioural therapy and self-monitoring methods to help manage eating disorders. Users can keep a food journal, make meal plans, and learn coping methods.

Available on iOS and Android

Daylio

A micro-diary app that allows you to keep a track of your moods without having to write down your feelings. It's a simple and quick way to keep tabs on your feelings.

Available on Android

TalkLife

TalkLife is an online community for people looking for mental health support. You can post and chat with others to get support as well as offering support back. The network is clinically governed and takes safeguarding very seriously.

Available on iOS and Android

MoodMission

An app that will empower you to overcome low moods and anxiety by discovering new and better ways of coping. When stress and anxiety are high, tell MoodMission how you're feeling and it will give you a tailored list of simple, quick, effective, evidence-based 'missions' to improve your mood.

Available on iOS and Android

CHILDREN AND YOUNG PEOPLE

Student Minds

Students Minds is the UK's student mental health charity which offers free resources and support to students and parents.

Find out more here:

www.studentminds.org.uk

Young Minds Young Minds is a leading UK mental health charity working children and young people.

www.youngminds.org.uk

LEARNING

Connecting With People

Provides resources and training on building emotional resilience at work and awareness courses on self-harm, suicide and suicide prevention.

www.connectingwithpeople.org

Mind Ed

A free online educational and informational resource on children's and young people's mental health for parents and professional adults.

www.minded.org.uk

Mind In Mid Herts

Offers a range of courses on life skills such as coping with anxiety, stress, low self-esteem and depression for those aged 16+.

T: 01727 865070 www.mindinmidherts.org.uk

U Can Cope

Provides film and online resources designed for people in distress and those supporting them.

www.connectingwithpeople.org/ucancope

YC Hertfordshire (part of Herts County Council)

Provides a range of educational programmes for teens as well as targeted services for young people including care leavers, young parents and LGBTQ teens.

www.youthconnexions-hertfordshire.org
www.mogolistings.org

BEREAVEMENT

Cruse Bereavement Care Hertfordshire

Promotes the wellbeing of bereaved people and enables anyone suffering bereavement to understand their grief and cope with their loss. There is a 24-hour answerphone facility to leave an out of hours message in confidence.

Adult Helpline: 01707 278389
Young Persons Helpline:
01707264293
www.cruse-hertfordshire.org.uk

SOBS (Survivors Of Bereavement By Suicide)

The only national charity providing dedicated support to adults who have been bereaved by suicide. The charity is run by 150 volunteers, nearly all have been touched by suicide which enables them to directly connect with others experiencing bereavement by suicide.

www.uk-sobs.org.uk

National helpline: 0300 111 5065

Help Is At Hand

An NHS resource for those bereaved by suicide, or apparent suicide, which includes a detailed advice booklet.

www.supportaftersuicide.org.uk/help-is-at-hand

The Compassionate Friends

Providing support for bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

T: 0345 123 2304
https://www.tcf.org.uk/

Grief Encounter

Providing free services and support to bereaved children, young people and their families to support children through bereavement for a parent or someone else they were close to.

T: 0808 802 0111
https://www.griefencounter.org.uk

Child Bereavement Trust

Providing free support to help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies.
T: 08000288840
https://www.childbereavementuk.org

SuicideandCo

A new charity supporting people bereaved by suicide. Their aim is to start a conversation about suicide-related grief. We recognise that an end like this, should be the start of many new conversations.
https://www.suicideandco.org/

SLOW (Surviving the Loss of Your World)

A free service offering support for bereaved parents and siblings in London since 2007. This includes open bereavement support groups in North London in Islington or South London. SLOW supports all bereaved parents and siblings, irrespective of whether their child was an adult or a baby or the varying circumstances in which they died.
T: 07532 423 674

https://slowgroup.co.uk/

Good Grief Trust

Exists to help all those suffering grief in the UK. We aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support. They support anyone bereaved under any circumstances. T: 0800 2600 400
https://www.thegoodgrieftrust.org/

At a Loss

provides the UK's bereavement signposting and information website, enabling bereaved people to find tailored support and practical information all in one place. They aim to help prevent mental ill-health, promote well-being and help people move forward with their lives following loss.
https://www.ataloss.org/

The New Normal

Changing the way we discuss our grief, mental health and well-being in open and honest spaces. Nobody should ever feel isolated, and there is always somebody who will relate to your story. 'If there's one, there's two.'
https://www.thenewnormalcharity.com

Support After Suicide Partnership (SASP)

Brings together suicide bereavement organisations and people with lived experience, to give practical and emotional support for anyone bereaved by suicide.

https://supportaftersuicide.org.uk/

Suicide Bereavement UK

Conducts suicide bereavement research, provides consultancy on post-vention and develops and delivers evidence based and evaluated training. They include people with lived experience of bereavement by suicide into their work and develop resources for people who are bereaved.

https://suicidebereavementuk.com/key-resources/

Widowed and Young

WAY is the only national charity in the UK for people aged 50 or under when their partner died. It's a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.

https://www.widowedandyoung.org.uk/

BEREAVEMENT: PRIVATE SERVICES

Suicide Grief Support

Dr. Sue Egan is a Psycologist, EMDR Therapist, and suicide grief specialist. She provides free online resources and paid private therapy.

www.sueeganpsychology.com

CPA

Chrysalis

Chrysalis Centre operating in Beds and Herts, is a ground-breaking programme of interventions to break the cycle of domestic abuse making victims, families and communities safer. This is achieved by challenging underlying abusive behaviours and providing education and support to enable healthy, safe and positive relationships. Central to the role of Chrysalis Centre is the effective screening of referrals to understand causation factors, including Adverse Childhood Experiences, substance or alcohol dependencies.

https://chrysaliscentre.net

Newbold Hope

Newbold Hope – Community of Practice

A community for professionals and other staff who work with this cohort of children and young people. Supporting parents and professionals to reduce violent, difficult and dangerous behaviour in children and young people with a disability and/or an additional need.

https://www.newboldhope.com/

PEGS

PEGS is a social enterprise set up to support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring). They don't directly work with the child displaying the behaviours but have a network of partners whose expertise lies in this area.

Head to their website to find out more and if you are a parent complete a self referral form.

https://www.pegsupport.co.uk/

CAPA First Response

Founded in 2019 by a dedicated sole practitioner, Capa First Response emerged to fill a critical gap in services for families and professionals dealing with Child-to-parent violence and Abuse (CAPVA). With a vision to provide accessible support to the WHOLE family our services support families with children under 18 (or up to 25 for those with neurodivergent or additional needs).

ALL of their services are offered online or over the phone. You can request support by either emailing them at info@capafirstresponse.org or by heading to their website and filling in their enquiry form.

https://capafirstresponse.org/

BAME

Black Minds Matter

Black Minds Matter UK connects Black individuals and families with free mental health services by professional Black therapists to support their mental health.
www.blackmindsmatteruk.com

Taraki

Taraki hosts many open groups for men and women in the Punjabi Community, you can see these here: **www.taraki.co.uk/events**

BAATN

BAATN Network is home to the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean heritage in the UK.
www.baatn.org.uk/

Rethink Sahayak Asian Mental Health Helpline

Rethink Sahayak Asian Mental Health Helpline offers a culturally sensitive listening and information service to the Asian community in Kent and West Sussex:
www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline

Action Together

Action Together runs Asian Men's Group drop-in sessions for men aged 18-65 in the Oldham, Rochdale and Tameside area:
https://www.actiontogether.org.uk/community-activities/community-activity-dir ectory/105408

Mind - Young Black Men Programme

Mind has run multiple programmes focused on young Black men's mental health:
https://www.mind.org.uk/about-us/our-policy-work/equality-and-human-rights/ young-black-men/#young-black-men-programme

LGBTQIA+

Mind Out

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people

https://mindout.org.uk/

Mindline Trans+

Mindline Trans+ is an emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid… They are also here to support family members, friends, colleagues and carers.

https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/

Switchboard

LGBT+ helpline providing a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.

https://switchboard.lgbt/

Rainbow Migration

Rainbow Migration supports LGBTQI+ people through the asylum and immigration system.

https://www.rainbowmigration.org.uk/

Stonewall

Stonewall is proud to provide information, support and guidance on LGBTQ+ inclusion, working towards a world where we're all free to be.

https://www.stonewall.org.uk/

LGTB Foundation

A national charity with LGBTQ+ health and wellbeing at the heart of everything we do.

https://lgbt.foundation

MEN & BOYS

Men's Minds Matter

Men's Minds Matter specialise in developing and delivering psychological interventions for people who are suicidal, alongside campaigning and raising awareness. Visit:
www.mensmindsmatter.com

Directions For Men

Directions For Men provides groups for men to come and talk about whatever it is that is affecting their mental health.
www.directionsformen.com

Andy's Man Club

Andy's Man Club is a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online.
https://andysmanclub.co.uk/

The Men's Health Forum

The Men's Health Forum is a registered charity whose mission is to improve the health of men and boys in England, Wales and Scotland.
https://shop.menshealthforum.org.uk/

ASYLUM & REFUGEES

Asylum Aid

Asylum Aid is a charity providing free legal advice and representation to refugees and asylum-seekers seeking safety in the UK from persecution. They also campaign for the fair treatment of refugees in the UK.

https://www.asylumaid.org.uk

British Red Cross

The British Red Cross helps anyone, anywhere in the UK and around the world, get the support they need if crisis strikes.

https://www.redcross.org.uk

Refugee Action

Refugee Action helps people who've survived some of the world's worst regimes. We get them the basic support they need to live again with dignity. Then we help them build safe, happy and productive lives in the UK.

https://www.refugee-action.org.uk

Safe Passage

Safe Passage helps child refugees reach safety.

https://www.safepassage.org.uk

VETERANS

Help for Heroes

Help for Heroes is the leading armed forces and veteran's charity in the UK helping wounded veterans and their families get on with their lives.

https://www.helpforheroes.org.uk

SSAFA

SSAFA exists to relieve need, suffering and distress amongst the Armed Forces, veterans and their families in order to support their independence and dignity.

https://www.ssafa.org.uk/

Veterans Aid

Veterans Aid's activities revolve around helping ex-servicemen and women in crisis. Specifically, it deals with all the factors that contribute to crisis – significantly those leading to homelessness.

https://veterans-aid.net/

Veterans Foundation

The Veterans' Foundation is one of the country's fastest-growing military charities.

https://www.veteransfoundation.org.uk/

OTHER RESOURCES

Friends, Families and Travellers

A national charity working to end racism and discrimination against Gypsy, Roma and Traveller people and to protect the right to pursue a nomadic way of life.

https://www.gypsy-traveller.org/

Roma Support Group

The Roma Support Group is a Roma-led charity that works with Roma families, offering them a variety of services and promoting an understanding of Roma culture in the UK.

https://www.romasupportgroup.org.uk

Farming Community Network (FCN):

Confidential listening and signposting service for the farming community.

03000 111 999

www.fcn.org.uk

YGam

The UK's leading charity dedicated to preventing gaming and gambling harms among young people.

https://ygam.org/

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

To date, we've trained over 20,000 people. Our mission is crystal clear: we aim to prevent anyone, especially young people, from feeling that suicide is their only option. We're dedicated to reducing the stigma around suicide and promoting effective early intervention and prevention techniques worldwide.

We fulfil this commitment by providing training and education to parents, caregivers, children, teens, young adults, professionals, and anyone responsible for others' well-being. Through expert-led suicide prevention and well-being programmes, talks, and bereavement support, we initiate essential conversations to create suicide-safer communities in educational settings, organisations, and workplaces.

To make a donation, please go to

https://donate.justgiving.com/charity/ollie-foundation

If you can help us fundraise, please email **contactus@theolliefoundation.org**

www.theolliefoundation.org

The OLLIE Foundation, Faulkner House, Victoria Street, St Albans, AL1 3SE. Registered charity no. 1167116