TALKING FAITH IN SUICIDE PREVENTION

HOSTED BY
THE OLLIE FOUNDATION
ON MARCH 19, 2025

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

Thank you for attending The OLLIE Foundation's talk 'Talking Faith in Suicide Prevention' to find out about the resource: https://suicideprevention.faithaction.net/ with Mariana Covalenco - Public Health Officer Mental Health RBKC/WCC, Sandeep Saib - Lived & Living Experience Mental Health Advocate and Jeremy Simmons - Policy and Programme Manager, Faith Action.

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.

This talk on suicide prevention focused on sharing a resource that supports faith informed conversations about suicide prevention / postvention with the public. It was designed to support general prevention conversations, rather than crisis presentations and to encourage faith and culturally-aware approaches to suicide prevention.

An abridged recording of this talk will be available on our YouTube Channel.

This resource has been co-produced with our speakers and the delegates who attended the live event. 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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Panelist Information

Mariana Covalenco
Public Health Project Officer:
Westminster City Council and
Royal Borough of Kensington and Chelsea Council

Biography

Mariana is a committed public health officer with two years of experience specialising in mental health. Holding a bachelor's degree in Biomedical Science and a Master's in Global Public Health and Policy, Mariana applies a strategic and collaborative approach to improving community wellbeing.

During her role, Mariana has worked closely with residents, communities, businesses, NHS colleagues, and council teams to spearhead initiatives that enhance access to mental health resources. Key accomplishments include supporting the launch of Wellbeing Hubs and Way to Wellbeing Campaign, a comprehensive directory of mental health and wellbeing services for residents, and the "Stay With Us" suicide prevention campaign, which provides a centralised hub and suicide prevention training opportunities.

With a strong foundation in strategic planning, relationship-building, and community engagement, Mariana thrives on creating partnerships and driving impactful change. They are passionate about fostering inclusive, supportive environments that prioritise mental health and wellbeing.

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Sandeep Saib
Lived & Living Experience Mental Health Advocate

Biography:

Having been diagnosed with Anorexia Nervosa, Body Dysmorphic Disorder (BDD) and Obsessive Compulsive Disorder (OCD) and also a Suicide Survivor from the years 2012-2016, nine years later, Sandeep is a prolific Lived & Living Experience ('Expert by Experience') Mental Health Advocate, Philanthropist and Public Speaker, sharing her personal recovery journey to help, support, educate and empower others and fight against the cause, especially equality, diversity and inclusion, in the world of mental health. Sandeep also volunteers and collaborates with various charities and organisations in various capacities to continue making change happen. Sandeep is also a qualified Mental Health First Aider.

Professionally, Sandeep is a qualified professional Marketer with over a decade of experience working in various industries such as Legal, Education, Charities, Environmental Consultancy, Mobile Advertising and more, and is currently working full time at CMS, an international law firm, as their Senior Business Development Executive. Sandeep is also CMS' Mental Health and Wellbeing Network Committee Member and their Wellbeing Ambassador.

Sandeep helped co-produce the FaithAction 'Talking Faith in Suicide Prevention' resource which was launched in March 2024, and continues to advocate and promote this resource widely.

Please follow Sandeep's socials and watch and share her mental health documentary film (with care) here: https://linktr.ee/ssaib.

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Jeremy Simmons
Policy and Programme Manager

Biography:

Jeremy works to raise the profile and voice of the faith-based sector in policy making and gather evidence of local faith-based solutions. He leads FaithAction's programme of work with the Department of Health and Social Care, the UK Health Security Agency (UKHSA) and NHS England, and is part of the team supporting FaithAction's secretariat role for the All Party Parliamentary Group (APPG) for Faith and Society, and Faith Covenant. He is passionate about helping the faith-based sector work in partnership with other agencies.

To contact Jeremy:

jeremy.simmons@faithaction.net

About Faith Action:

Since 2009, FaithAction has been working to unlock the potential of faith groups to bring about a healthier, more just society, where more people belong. Working in collaboration with a national network of faith-based and community organisations, we bring strategic, sustainable, and research-grounded solutions to societal problems. https://www.faithaction.net/

FaithAction is a long-standing member of the VCSE Health and Wellbeing Alliance, working with the Department of Health and Social Care, NHS England, and the UK Health Security Agency (UKHSA).

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As the faith 'voice' within the Alliance, we ensure that faith is taken into account in the development of new health and care policies and initiatives.

We believe that faith-based organisations have a role to play in improving health outcomes, particularly among communities that typically experience health inequalities.

About Talking Faith in Suicide Prevention:

This resource was developed in collaboration with representatives of six faith traditions, as well as front-line workers and people with lived experience.

This work has been supported by the Royal Borough of Kensington and Chelsea and Westminster City Council as part of a wider project looking at suicide prevention and faith and belief. The project formed part of FaithAction's work programme for the VCSE Health and Wellbeing Alliance, and was co-produced with colleagues from Department of Health and Social Care.

Content for the digital tool was developed via a series of one-to-one interviews, one listening workshop, one larger design workshop, and editing contributions from an expert panel throughout Summer–Autumn 2023.

Additional resources:
Please see this page of the resource for access to general suicide prevention resources, as well as resources tailored to specific faith traditions:

https://suicideprevention.faithaction.net/key-organisations-and-resources/

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‘Stay with Us’ Suicide Prevention Resource

Suicide is preventable, and it is time for our community to unite. The Royal Borough Kensington and Chelsea and Westminster City Council are providing FREE suicide prevention training for EVERYONE - whether you are a social worker, a hairdresser, a builder, a student, or a stay-at-home parent, this training is for you.

Discover the Suicide Prevention Hubs on the RBKC and WCC websites - your one-stop-shop for local resources and support. Let us strengthen our community bonds and be there for one another in times of need.

-Royal Borough of Kensington and Chelsea - Suicide prevention | Royal Borough of Kensington and Chelsea
-Westminster City Council - Stay with us: preventing suicide together | Westminster City Council

Wellbeing Hub Resource

The Royal Borough of Kensington and Chelsea and Westminster City Council have launched a campaign: ‘Way to Wellbeing’, to address the mental health and wellbeing challenges many of us face.

From financial stress to social isolation, this campaign encourages us all to speak up, seek support, and not suffer in silence.

At the heart of the campaign is the Wellbeing Hub, an online directory of local and national mental health and wellbeing services. The Hub includes a personalised quiz to help you find the right support and resources, whether someone is struggling with anxiety, loneliness, or adjusting to major life changes.

Their message is simple: no one should feel alone in their struggle. Visit the Wellbeing Hub today and learn more about how to find support and help others on their journey to better wellbeing.

·Westminster City Council - Wellbeing Hub | Westminster City Council
·Royal Borough of Kensington and Chelsea - Wellbeing Hub | Royal Borough of Kensington and Chelsea

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Support and wellbeing resources for people from racialised communities

Aashna
Therapeutic and learning community of therapists and clients of LGBTQIA+, global majority (collective term for people of Indigenous, African, Asian, and Latina descent), visible and non-visible disability, neurodivergent, working class and care experienced communities.
https://www.aashna.uk/

Bayo
Bayo is a space to find collectives, organisations and services from across the UK that offer mental health and wellbeing support to the Black community.
https://www.bayo.uk/

Black, African and Asian Therapy Network
Provides lists of therapists from Black, African, Asian and Caribbean heritage in the UK.
https://www.baatn.org.uk/

Black Minds Matter
Black Minds Matter have produced resources for Black people around mental health, including where to find culturally appropriate therapy.
https://www.blackmindsmatteruk.com/resources

Jami
The mental health charity for the Jewish Community.
https://jamiuk.org/
020 8458 2223

Mindfulness Network for People of Colour
Mindfulness Network for People of Colour (MNPC) is a Community Interest Company that helps people work though racialised trauma. They provide resources, grief spaces, grief retreats, and online courses.
https://www.mnpc.co.uk/

Muslim Community Helpline
Confidential, non-judgemental listening and emotional support services for people from Muslim communities.
https://muslimcommunityhelpline.org.uk/

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Support and wellbeing resources for people from racialised communities

Sehhat

Sehhat aims to empower people to live a life where, suicide is preventable and mental health is managed with tailored, accessible, and relevant resources for the Punjabi community.
https://sehhat.co.uk/

South Asian Health Action

SAHA UK | Promoting better health and wellbeing amongst the South Asian community.
https://www.sahauk.org/

South Asian Health Foundation

South Asian Health Foundation (SAHF) is a registered charity founded in 1999 to promote good health in the UK's South Asian communities.
https://www.sahf.org.uk/

Rethink Sahayak Asian Mental Health Helpline

Supporting Young South Asian People with Wellbeing.
0808 800 2073 or email asianline@rethink.org

Southeast and East Asian Centre

Offers mental health support to people of Southeast and East Asian heritage in the UK.
https://www.seeac.org.uk/

Spark & Co

Spark & Co. is a Community Interest Company dedicated to racialised people and communities. Their website, resource hub and social media content provide tailored education, information and connection for racialised people in the UK, navigating challenging times from the COVID-19 pandemic to the cost of living crisis.
https://sparkandco.co.uk/

Taraki

Taraki works with Punjabi communities to shape positive futures in mental health by mobilising awareness, education, application and research.
https://www.taraki.co.uk/

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Some of your key takeaways from the talk...

A most helpful and relevant beautifully pitched presentation by all the Panel. Yes, moral injury is such an important feature. Will catch up with the resource and the panel in due course.

Thank you for sharing your story Sandeep - no wrong door really resonates. Thank you for all your insights.

This is such an important tool. Sits well with something we are looking to create in Torbay. Thanks for today and thanks for all everyone is doing in this space.

This has been an informative and useful session thank you all! And thanks to Sandeep for bravely sharing your story, very powerful.

Hugely valuable resource, thank you for creating this Jeremy and team. To have such advice for different faiths on one platform is going to be extremely helpful.

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Recommendations from delegates

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- **Find Trusted Sikh Therapists at SikhTherapy.com**

- **Dr.Sandy Onie in Indonesia and the success that followed after introducing a national suicide prevention strategy.**
  https://www.linkedin.com/in/dr-sandersan-onie-46683367/

- **Every Life Matters**
  Every Life Matters now deliver tailored training across the KCW bi-borough and have 15 local Associate Trainers.
  https://www.every-life-matters.org.uk/

- **Living Works run a Living Works Faith online course.**
  https://livingworks.net/training/livingworks-faith/

- **HPFT has a simulation hub which is often used by community partners to help walk through various scenarios:**
  https://www.hpft.nhs.uk/information-and-resources/simulation-hub/

- **South London and Maudlsey (SLAM) have developed a specific service for the South Asian community. South Asian Community Mental Health Service (AMARDEEP) Lambeth | South East London Mind (selmind.org.uk)**

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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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LinkedIn: the-ollie-foundation

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