THE OLLIE FOUNDATION

ONE LIFE LOST IS ENOUGH

CHARITY PARTNER

Together we can create safer, more connected communities where suicide prevention is approached with compassion, confidence and hope. The OLLIE Foundation works with partners who believe in compassion, education and hope.

Join us to strengthen well-being, build confidence, and reach more people when it matters most. Become our Charity Partner and help to make life-saving support possible today in your community.

CONTENTS

- Who we are
- Why your partnership matters
- What your organisation gains through partnership
- Impact in the community
- Where your partnership makes a difference
- What people say about OLLIE
- Partnerships with purpose
- Meet Team OLLIE
- Our vision and mission

WHO WE ARE

THE OLLIE FOUNDATION

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. Their commitment laid the foundation for a charity built on compassion, education and the belief that empowering people with the right knowledge can save lives.

We are more focused than ever on equipping people with practical skills, useful tools, and accessible resources that help individuals and organisations to support suicide prevention and well-being in their communities.

Every awareness talk, partnership and project aims to help people feel more confident, informed and connected in the moments that matter.

As we continue to grow, collaboration remains at the heart of our mission. Working alongside dedicated partners allows us to reach new spaces, amplify impact, and ensure that positive, proactive approaches to suicide prevention and well-being are available to everyone in Hertfordshire and beyond.

WHY YOUR PARTNERSHIP MATTERS

Behind every statistic is a person, family or community affected by suicide and the need for earlier support, open conversations and prevention has never been greater.

- Suicide is the leading cause of death for young people aged 5 to 35 in England
- Suicide is the leading cause of death for men under 50 in the UK
- Suicide rates among women in England and Wales are now at their highest level in nearly 30 years
- Around 1 in 5 people experience suicidal thoughts at some point in their lives.
- Only 45% of people feel comfortable talking about suicidal thoughts, showing stigma still keeps many people silent.

Your partnership will directly help expand suicide prevention training and mental health awareness and increase access to life-saving support in your community.

WHAT YOUR ORGANISATION GAINS THROUGH PARTNERSHIP

Recognition, Reputation & Social Impact

Align your organisation with OLLIE, working to strengthen well-being, reduce stigma and support suicide prevention across your community. Your organisation will gain:

- partnership recognition across all OLLIE channels and events
- meaningful impact reporting for CSR and social value initiatives
- strengthened employee, client and community trust through purposeful action

Suicide Prevention in the Workplace

Help create a workplace culture where people feel safer, more supported and more confident having conversations around mental health and suicide. Your organisation can access:

- practical, evidence-based training for staff and leaders
- support that builds confidence and compassion
- tailored delivery aligned to your workforce and well-being priorities

Meaningful Community Impact

Partner with a charity creating real change through suicide prevention, well-being education and compassionate community support. Your organisation can:

- demonstrate clear, measurable social impact
- engage employees in a meaningful shared purpose
- support prevention-focused work that strengthens communities across Hertfordshire and beyond

Well-being & Risk Reduction Support

Support your organisation to strengthen well-being, encourage earlier intervention and create safer, more supportive workplace cultures.

- encourage earlier recognition and supportive responses
- strengthen workplace well-being strategies and culture
- help create psychologically safer teams and conversations

IMPACT IN THE COMMUNITY

The OLLIE Foundation is trusted by **schools, workplaces, parents and carers, professionals and community organisations**, providing meaningful, prevention-focused support throughout Hertfordshire and beyond since 2016.

27k+ people reached through training, talks, workshops and awareness events since 2020

500+ events and training sessions delivered across schools, workplaces and communities in Hertfordshire and beyond

45 is the average number of people attending every session, demonstrating strong and consistent community engagement

OLLIE is growing and together we can empower even more life-changing conversations that reduce stigma surrounding suicide, encourage people to seek support earlier, and help to save lives.

WHERE YOUR PARTNERSHIP MAKES A DIFFERENCE

Your partnership helps us to respond to some of the most difficult and urgent challenges facing our communities today. We are helping people feel more confident to talk openly about suicide, recognise when someone may be at risk, and know what to do when somebody is struggling with thoughts of taking their life. Through training, direct support, education, peer support and crisis response, we work alongside schools, workplaces, families and communities across Herts to support those struggling today.

Suicide Prevention

- **Practical talks** and training that help people build knowledge and understanding of suicidal thoughts
- **Step-by-step guidance** on how to talk safely about suicide with someone you are worried about
- **Empowering people** to know what to do if someone is struggling with thoughts of taking their life and signposting to professional help
- **Peer to Peer support** groups for parents and carers
- **Online e-learning** suicide prevention talks for workplaces
- **Online panel events** with those with lived experts and professionals to put a spotlight on those at risk
- **OLLIE Talks Podcast** sharing stories of struggles with mental health, suicidal thoughts and bereavement.

Bereavement Support

- **Crisis response** and support following suspected suicides in Hertfordshire schools to compliment the council crisis response team
- **Listening and counselling service** for school students or staff who have been bereaved by suicide
- **Bereavement Cafes** for young people and adults who have lost a loved one to suicide
- **OLLIE support line** , 1:1 advice and emotional support for anyone who calls OLLIE directly
- **Bereavement signposting** on OLLIE's website
- **Always in Our Thoughts** - A tribute page on OLLIE's website for those who wish to honour a loved one lost to suicide.

Mental Health & Well-being

- **Mental health and well-being workshop** that encourages self reflection, love and acceptance
- **Mental Health First Aid Training** for workplaces
- **Peer to Peer support cafes** for families struggling with neurodiversity
- **Direct 1:1 support,** advice and signposting for individuals and organisations
- **Community workshops** that strengthen emotional well-being and resilience
- **Support for safer workplace and school cultures** where well-being is openly valued
- **Consultation and guidance** for schools, professionals and local organisations across Hertfordshire.

WHAT PEOPLE SAY ABOUT OLLIE

The OLLIE Foundation is built on **real people having real conversations.** We pride ourselves on bringing compassion, humanity and understanding to the individuals, schools, workplaces and communities we support, and believe this human connection is at the heart of our work.

"What stood out most from the morning was the warmth and respect throughout your delivery.

There were so many practical, thoughtful and supportive strategies shared that staff have already begun referencing in conversations."

Paul Kershaw, Headteacher
St Albans Girls School, 2026

"Together we've built a partnership that goes far beyond fundraising.

OLLIE'S passion, insight and openness have helped us engage our people in meaningful ways and maximise the impact of our support."

Debenhams Ottaway, St Albans
Charity Partner 2025-27

"The team's passion and commitment to supporting young people's well-being and suicide prevention is inspiring.

We're proud to have supported such an important cause."

Menzies, Harpenden
Charity Partner 2025/26

"The OLLIE Foundation feels like more than just a charity; it's a genuine force for positive change.

They help people feel heard, reduce isolation, and encourage important conversations that might not otherwise happen."

Lived Experience Supporter
2026

PARTNERSHIPS WITH PURPOSE

Flexible, meaningful partnerships tailored to your organisation, people and community goals.

Whether through funding, awareness, employee engagement or shared expertise, there are many ways your organisation can help create safer conversations and stronger communities.

Investment & Sponsorship

- Fund training, talks and awareness programmes
- Sponsor resources, events or community initiatives
- Multi-year partnerships for sustained impact

Skills, Time & Influence

- Pro-bono professional support
- Volunteering and fundraising initiatives
- Using your networks to raise awareness and reduce stigma

Internal Engagement

- Well-being champions and executive sponsorship
- Awareness campaigns and internal engagement
- Participation in key awareness days and events

MEET TEAM OLLIE

The OLLIE Foundation is supported by a small, dedicated team working together to help create safer conversations and stronger community support around mental health and suicide prevention.

Maria Nastri
Head of
The OLLIE
Foundation

Jo Cakmak
Education &
Communications
Lead

Naomi Powell
Corporate
Partnerships
Manager

Vicky Gutteridge
Head of
Operations

OUR VISION AND MISSION

VISION

To create empowered communities founded on compassionate awareness, hope and connection, strengthening support so individuals feel that suicide is not their only option.

MISSION

To help prevent suicide, with a particular focus on young people, by empowering individuals and communities with the skills, confidence, and understanding needed to be able to recognise distress and provide effective support to those in crisis.

THE OLLIE FOUNDATION

Let’s start a conversation!

We’d love to explore how we can work together to create safer conversations, strengthen well-being and create suicide safe communities across Hertfordshire.

Reach out to

Naomi Powell

Business Development Manager

naomi@theolliefoundation.org

www.theolliefoundation.org
https://uk.linkedin.com/in/naomi-powell-63517770