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.