

Vision

To help prevent suicide, by making it easier to recognise the symptoms which may lead to suicide, and to help people find the appropriate resources to improve their mental wellbeing.

Objectives

1) Making it easier to recognise the symptoms & improve acceptance of mental illness.

- To encourage people to talk openly about their feelings.
- To normalise mental health issues and to enable people to accept that it is an illness from which people can recover.
- Raise awareness of the need to communicate and to feel comfortable talking about mental health issues and in seeking practical solutions.
- Raise awareness of mental health issues in educational establishments. To raise awareness of stress that students can be under and to provide funding for professionals and information and media resources, to enable accessibility to information and help.
- We understand suicide is prevalent in age group 20-49 but is also present in the older generations, so we would not preclude ourselves from any environment or age group, including in the workplace.
- To provide assistance regarding the problem of student anxiety or mental health issues in schools and to encourage students to talk about any problem with their teachers, family and friends.

2) Increase Available Help

- To increase practical help and funding, either directly or by referral to other professionals, specialists, including charities with resources and helplines.
- To provide funds to CALM and any other suicide prevention charity or other resource as appropriate.
- Increase the speed of help and counselling at the point of need

3) Education

- Help all those in close contact with people to recognise and understand the symptoms and dangers of depression and anxiety.
- To empower people to act upon their understanding to facilitate an improvement.
- Advance education into the causes of depression and suicide.
- Take resources into PHSE lessons particularly in schools but also in colleges and universities in respect of mental health in young people.