



Community
Engagement
Volunteer
Information Pack

Always someone
here to listen,
and understand.
Never ever alone
♡

'Reach Out; Start to End Suicide'

Evidence tells us that stigmatising attitudes result in people being less likely to get help or give help. If we don't speak up about persistent stigma, we are at risk of perpetuating a society where we remain reluctant to reach out for help for ourselves or to support others.

This is why 'Reach Out; Start to End Suicide' was setup, it is dedicated to the prevention of suicide. It is based on the foundation and belief that suicide is preventable and everyone has a role to play in preventing suicide. **START** is utilising its foundation within therapeutic creative arts and has developed incredibly innovative interventions that are: proactively engaging with the community; providing support and hope to those directly affected by suicide; and challenging stigma.

We bring communities together as they build resilience, caring, save lives and end the stigma that surrounds mental illness and suicide. It is a people's movement that is delivering outstanding results.

Join us as we start conversations to save lives being lost to suicide.

'Reach Out; Start to End Suicide' maximises its impact through its innovation and delivery of:



Vigil & Procession of Remembrance

Turn Yellow for Suicide Prevention

Surviving Suicide; voices of suicide & attempt survivors

Builders Lunch

Sea of Hands of Support

We are aiming for a community that makes it the norm and acceptable to feel free for people to discuss their feelings and be told that they matter. Through raising public awareness, educating communities, and equipping people with the confidence to have conversations to support those at risk of suicide, we know we can save lives being lost to suicide.

Purpose of an Engagement Volunteer

As an Engagement Volunteer you will be vital in the community, with it being the largest resource in the fight against suicide. Sadly 70% of all suicides had not been in contact with mental health services within the twelve months prior to their death.

You will be bringing together the community by having them at the heart of this project as you engage meaningfully with them, building their resilience and caring. Through yours and the Engagement teams work within the community we will smash the stigma associated with suicide, contribute to a community that enables people to discuss suicide and disclose when they are experiencing suicidal thoughts.

Role tasks

As an Engagement Volunteer you will provide some of the following tasks dependant on the event type, with full training and coaching being provided:

- understand the aims of 'Reach Out; Start to end suicide and what we do to deliver against these.
- help organise and run engagement activities and events, such as 'Sea of Hands of Support' and stalls across various events.
- Recruit community member pledges to 'Sea of Hands of Support'.
- Promote conversations that enable the community to identify the warning signs of suicide, enable them to start a conversation with anyone that they are worried about and reinforce within themselves that if they were ever experiencing suicidal thoughts that they can seek support.
- Provide signposting through to appropriate support services available to community members.
- Distribute information resources to community members.
- Selling ribbons and fundraising.
- Assemble and dismantle outdoor installation including 'Sea of Hands of Support' and 'Flags of Remembrance'.
- Provide marshalling and outreach support at the 'Vigil & Procession of Remembrance' on World Suicide Prevention Day, 10th September.



Personal attributes

As an Engagement Volunteer we look for the following personal attributes, with full training and coaching being provided:

- communicate effectively with a diverse community of people.
- have interest in and a good understanding of people's possible support needs.
- present information in a clear and unambiguous way.
- engage and listen to others and be empathetic.
- punctual and reliable.
- be available to attend training, and events when requested.

Further information

Engagement activities are wide and varied, usually no more than a day in duration and we try to plan these well in advance to accommodate individuals' availability. We usually provide shifts of between two and four hours, but we are flexible to your availability.

Volunteers receive training, coaching and support.

Contact information

For more information about being an Engagement Volunteer and 'Reach Out; Start to End Suicide' please contact the:

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