



# Living Well North Tyneside

Supporting Health and Wellbeing

PAPYRUS is a Charity organisation dedicated to prevention of young suicide in the UK. Our organisation offers a range of resources and support services aimed at enhancing mental health awareness and suicide prevention. Our Northeast office is located at Newcastle Upon Tyne.

We offer support services HOPELINE247 08000684141 for those with thoughts of suicide, concerned others and debriefing. In addition to our helpline, we offer informational brochures covering topics such as suicide prevention, self-harm, anxiety, sexual orientation, coping with exams, bereavement, being yourself during change etc. You can find digital copies of these resources at this link [Help and Advice Resources | Papyrus UK \(papyrus-uk.org\)](#) you can also request hard copies. These resources are designed to assist community members in fostering a supportive environment for mental health and suicide prevention.

Furthermore, we also deliver different levels of Suicide Prevention trainings to individuals, groups, schools, organisations, community members etc. These trainings are crucial in equipping one with the necessary skills and knowledge to identify and support individuals at risk of suicide. I encourage you and your staff to have these trainings to enhance your ability to contribute to suicide prevention efforts in the community.

PAPYRUS



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## Services

PAPYRUS Prevention of Young Suicide

## Things to do

HOPEWALK

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