

# Grassroots Suicide Prevention

## Who we are and what we do

**One person dies from suicide every forty seconds.**

We know suicide can be prevented with timely intervention. Most people who die by suicide want their pain to end, not their lives.

**We empower people to help save lives from suicide through educating, connecting and campaigning nationally.**

### Educating

We offer bespoke and evidence-based consultation and training, co-designed to empower individuals, organisations and communities to develop the skills and confidence to help save lives.

  
**70,000**  
people have been trained by us to have life-saving conversations

### Connecting

We listen, connect and provide support through free resources and our Stay Alive app to help keep people safe from suicide.

  
**900,000**  
people have downloaded our pioneering and award-winning app

### Campaigning

We help remove the stigma around suicide. We know that most suicides are preventable with timely intervention and the right support. We raise awareness through campaigning on the ground and influencing at a strategic level.

  
**14,000,000**  
people have been reached through our recent awareness campaigns

# How we can work together to save lives

## as an organisation

## as an individual

### We can:

- **Train** your industry or community with bespoke, co-designed suicide prevention courses
- **Campaign** as partners on suicide prevention and raising awareness in your community
- **Develop** bespoke online or offline suicide prevention resources for your organisation
- **Offer** our expertise at conferences, on wellbeing committees or strategies

### You can:

- **Donate** what you can as a one-off or on a monthly basis
- **Fundraise** for us through our existing events or do your own
- **Volunteer** your time and skills
- **Share** your lived experience stories
- **Nominate** us as the charity of your choice at work
- **Talk** about us to your communities
- **Share** and comment on our social media posts



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You can help save lives  
Contact us or donate today

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