

SUPPORT

Through our own personal experience of losing a loved one to suicide IUCSF offers the opportunity to speak to other people who also have their own personal experience of losing a loved one to suicide, This can be done at a time & via a method the person feels most comfortable with (i.e. telephone, email or via an appointment). We are also able to offer practical advice on the procedures that take place when there is a death by suicide. This service is also available to organisations that may have staff or pupils affected by Suicide.

We have access to various publications which can offer guidance/support on both a practical & an emotional level. These include Help is at Hand (Dept. of Health) and our own booklet on support - all of which are available free of charge.

We are also in the process of developing additional services (subject to availability & funding) to those affected by suicide. These services will include:

- Counselling for both Adult & Children.
- Alternative Therapies available to family members.
- Specialist support services for Children.
- Emergency access to treatment when it is needed.

For further information please find our contact details overleaf.

"The person that was working with me had experienced a loss to suicide. Talking to IUCSF made a huge difference, it gave me hope for the future."

- Quote from bereaved Sister.

"There is Always a Way"



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In Memory of Daniel O'Hare

If U Care Share is a registered charity no: 1142001.

www.ifucareshare.co.uk

If U Care Share Foundation (IUCSF) was set up in 2005 after the tragic death of Daniel O'Hare, aged 19 years, to suicide. Like 75% of young men that take their own lives Daniel had no previous history of mental health problems.

The idea for the campaign originally came from Daniel's Brothers Matthew & Ben and cousin Sarah, as they wanted to encourage young people to "share" problems that troubled them in the hope of preventing 1 family enduring a similar experience.

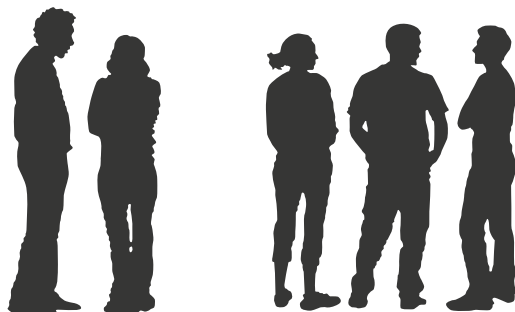
Today If U Care Share Foundation (IUCSF) is ran by Daniel's parents, Dean & Shirley Smith. The 3 main objectives of IUCSF are the Prevention, Intervention & Support of those affected by suicide.

IUCSF is also represented on the following groups :

All Party Parliamentary Suicide Prevention Group.

Advisory Group for National Suicide Prevention Strategy.

Northumberland Tyne & Wear Suicide Prevention Group.



PREVENTION

IUCSF's Emotional & Mental Health (EAMH Programme)

Emotional & mental health affect everybody. The threat of suicide is an ever increasing problem & is now one of the main causes of premature death in this country in young men aged 15 - 28 years with awareness playing a huge role in the prevention of these issues.

IUCSF believes "There is Always a Way" & that by encouraging young people to open up & SHARE their problems then this could save lives. We feel that when a person takes their own life they do not want to die but have forgotten how to live.

We have spent over a year developing our EAMH programmes which encourage young people to talk about the issues & problems that trouble them.

The EAMH programmes have been specifically designed to be fun & interactive whilst still delivering a strong positive message. By sharing our own true life experience we can illustrate the dangers of not opening up or seeking the right support at a time of need.

The programmes will also sign-post to the support networks available to the young person - specifically those within their learning environment.

Research has identified that the early diagnosis and intervention of depression in young people can make a huge difference to their development/recovery. Identifying key symptoms, and where help can be accessed, is *imperative*.

Encouraging young people to open up and share emotional issues is key to this and these areas are covered within the EAMH programme.

The programme also contributes towards:

- Ofsted SEF
- Every Child Matters.
- PSHE 'Personal Well being' at Key Stages 3 and 4
- National Suicide Prevention Strategy for England (2002)
- New Horizons
- Social Emotional Aspects of Learning (S.E.A.L)

The EAMH programmes are NOT LIMITED to schools and are available to run within sports clubs, youth groups, colleges and universities.

INTERVENTION

IUCSF are able to offer training in Applied Suicide Intervention Skills Training (ASIST). The ASIST workshop is aimed at anyone in a position of trust and/or responsibility. It aims to equip the candidate with the skills to become willing, ready and able to recognise and intervene effectively when a persons is at risk of suicide. 900,000 people worldwide have trained in suicide intervention skills training and it is the most widely used skills training intervention programme.

The training is a 2-day workshop where participants examine their own attitude to suicide, learn how to effectively recognize/review the risk of suicide and develop new or reinforce existing intervention skills. Participants develop skills through observation and supervised simulation experiences in large and small groups.

A number of programme evaluation studies provide additional evidence of the value of ASIST and 99.9% of candidates recommend ASIST to their colleagues.

Please refer to our website (www.ifucareshare.co.uk) for the cost related to the ASIST 2-day programme and future training dates.

Youth Mental Health First Aid training is available via qualified staff. The training is designed for people that teach, work, live or care for young people aged 11 - 18 years to spot early signs of mental health problems in a young person.