



PAPYRUS – prevention of young suicide, is a UK wide charity which operates in 5 major cities across the UK, including Cardiff. PAPYRUS was established 23 years ago by a group of parents who had lost children to suicide. The age of these children was 8 years to 35 years and this remains the focus of our work.

Did you know that suicide is the biggest killer of young people under 35 years across the UK? Male and female.

What do PAPYRUS do?

- We run a helpline called HOPELINEUK , a confidential, anonymous support and advice service for young people with thoughts of suicide or those concerned about a young person. HOPELINEUK is staffed by professionals trained in suicide prevention skills.
- We engage volunteers and communities in our mission to save young lives
- We offer a range of suicide prevention training, advice and support
- We campaign for change and influence national and regional policy
- We raise awareness and challenge the stigma surrounding suicide

Helpline – HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice

Call: 0800 068 4141

Text: 07860039967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Our webpages have lots of advice too

<https://papyrus-uk.org/>

<https://papyrus-uk.org/?lang=cy>