

# THE SAFE CAMPAIGN (SUICIDE AWARENESS FOR EVERYONE)

## WITH THANKS TO...

Particular thanks are extended to;

All young people, parents, carers, professionals, schools and volunteers who have taken part in SAFE Campaign events and initiatives throughout the year.

Thanks to the following organisations for contributed to the facilitation, funding and display of exhibitions and initiatives:



Sussex Partnership  
NHS Foundation Trust

# THE SAFE CAMPAIGN (SUICIDE AWARENESS FOR EVERYONE)

## PROGRAMME OF EVENTS

SEPTEMBER 4TH – SEPTEMBER 8TH 2017

WORLD SUICIDE AWARENESS WEEK

BROUGHT TO YOU BY

HAMPSHIRE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

SUSSEX PARTNERSHIP NHS TRUST

## THE SAFE CAMPAIGN

The SAFE (Suicide Awareness For Everyone) Campaign launched on 10th September 2016, on World Suicide Awareness Day. The Campaign formally culminates in a week long series of events around the next World Suicide Awareness Day, 10th September 2017, that bring together, share and exhibit the various activities, initiatives and events held over the last year.

The Campaign has been coordinated and delivered by Hampshire Child and Adolescent Mental Health Services (CAMHS).

Young people, parents, carers, professionals and volunteers from across Hampshire have taken part in a number of initiatives throughout the year.

The aims of the campaign:

- To raise awareness of youth mental health and youth suicide
- To increase compassion and understanding
- To increase collaborative working and partnerships
- To increase confidence on supporting young people with mental health difficulties or who experience episodes of crisis
- To increase young people and family's knowledge, awareness and confidence in knowing where and how to access support

The final week of events highlighted in this programme, promises to be a celebration of life and one that inspires to connect our community in Hampshire around the subject of young people's mental health and youth suicide.

## FRIDAY 8TH SEPT

### YOUNG PERSON'S EVENT

### “13 REASONS WHY NOT”

**FOR WHO?** YOUNG PEOPLE REPRESENTATIVES FROM ACROSS HAMPSHIRE'S SECONDARY SCHOOLS

**WHERE?** ST JOHN'S HOUSE, THE BORADWAY, WINCHESTER

Please note lunch and refreshments will be provided

9am- **Welcome**

9.30 am- **Warm Up**; The Box

10.00 am- **Round Table Debates**; an opportunity to debate some of the 13 reasons why young people experience crisis and poor mental health. These discussions will be facilitated by experts in the field.

11.30- **Break**

12.00- **Personal testimony**; hear about the experiences of a young person who has struggled with self-harm and suicide and how they have turned their life around

**Q & A panel**; a chance to have your questions answered by a panel of professionals working in mental health and other young people organisations.

13.00- **Lunch**

14.00- **Pods**; there will be a series of pods for you to have a go at different activities that will help you express and communicate your thoughts and feelings about mental and emotional health as well as interactive activities to help you think about your role in promoting health and wellbeing in your schools and opportunities to learn new skills and techniques to help you and others cope in times of crisis.

# THURSDAY 7TH SEPT

## PROFESSIONALS' EVENT

**For who?** Professionals who have direct contact with young people and those with strategic influence.

**Where?** St John's House, The Broadway, Winchester

**Cost?** £50.00 (includes lunch and refreshments)

**To book your place:** [www.filfesthampshire.com](http://www.filfesthampshire.com)

08.45– Arrival, coffee and networking, exhibitions and stands

09.15am- Introduction to the day, Key note speaker

10:15 am- Workshop 1\*

11:15 break

11.45am Workshop 2\*

12:45 Summary/ discussion/ Q&A

13:00 Lunch

13:45 Seated for intro to afternoon

14:00 Compassion and Empathy; A Reflective Autobiographical Presentation with a twist

15:30 Break

16:00 Workshop 3/ Testimony

16:30 Plenary and Close

\* There will be a choice of workshops to suit different professional backgrounds

# MONDAY 4TH SEPT



## THE STARFISH INSTALLATION

A public Art installation of 145 ceramic starfish, made by young people in Hampshire and to represent the statistic that on average 145 young people each year end their lives by suicide.

**For Who?** A free open exhibition to the public. The installations will be in situ for approximately 3 weeks.

**Where?** Exhibits will be installed:

9am Basingstoke (venue TBC)

12pm Winchester Cathedral, West Door, Winchester



## Faces of You

A photography exhibition which depicts portraits taken of those who have been directly impacted by suicide.

**For who?** The launch of the exhibition is by invitation only with an initial private viewing. The exhibition will be in situ for approximately 3 weeks and open to the public for viewing

**Where?** Romsey Abbey

Opening night: 4pm, Monday 4th September. By invitation only.

## TUESDAY 5TH SEPT



### THE STARFISH INSTALLATION

A public Art installation of 145 ceramic starfish, made by young people in Hampshire and to represent the statistic that on average 145 young people each year end their lives by suicide.

**For Who?** A free open exhibition to the public. The installations will be in situ for approximately 3 weeks.

**Where?** Exhibitions will be installed:

9am Romsey, King John's Gardens

14pm South East (Venue TBC)

Information, displays and some of the exhibits from all the projects relating to the SAFE Campaign will be on display and open to the public at St John's House, The Broadway, Winchester on Monday 4th and Tuesday 5th September.

## WEDNESDAY 6TH SEPT

### HAMPSHIRE CAMHS STAFF WELLBEING DAY

**For who?** For Hampshire CAMHS (Child and Adolescent Mental Health Service) staff

**Where?** St John's House, The Broadway, Winchester

**Please note that lunch and refreshments will be provided throughout the day**

09.30 Arrival & Coffee

10.15 Activity 1

11.15 Coffee Break

11.45 Activity 2

12.45 Lunch

14:00 Hampshire CAMHS Awards Ceremony

To view the different activities available on the day and to book your place, please visit the website [www.fitfeshampshire.com](http://www.fitfeshampshire.com)

Places on activities will be limited and will be available on a first come first served basis.