



The Collaborative

THE COLLABORATIVE NETWORK

thecollaborativenetwork.co.uk



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LGBTQ+ SUICIDE PREVENTION IN THE CITY



Welcome to LGBTQ+ Suicide Prevention in the City

Join hands with us in a vital conversation and action towards suicide prevention in the LGBTQ+ community. This event is your platform to engage, learn, and contribute to a more supportive and understanding world.

Dive into insightful discussions about the unique mental health challenges within the LGBTQ+ community. Explore the power of community resources and learn effective strategies to access them. This event will help you to recognise signs of mental health crises and to arm yourself with practical strategies for intervention.

Let's connect, share knowledge, and build a network of ongoing support. Together, we can foster a world where every voice is heard and every struggle is acknowledged. Your presence is a step towards change.

Today's training is presented by Holly Clark (She/Her) from Blooming Mind, a local organisation dedicated to fostering community well-being.



BLOOMINGMIND



The Collaborative

Who are we?



The Collaborative Network CIC is a subscription-based community support network that provides resources and support to businesses and organisations to create an inclusive and diverse workplace environment. It connects businesses and employees with professional services to address LGBTQ+ matters in the workplace. Our mission is to foster inclusivity and diversity in the workplace.

What we do?



Promoting a safe and welcoming environment while rejecting any harmful attitudes can significantly contribute to enhancing the mental well-being of LGBTQ+ individuals. Offering access to mental health care is a crucial step in creating an inclusive society that values diversity and upholds equality.





The Collaborative

OUR FOUNDERS



Mike Skeggs He/Him

Co-founder of Owen Drew Candles, Mike brings extensive business sector expertise to the forefront of The Collaborative Network. His commitment extends beyond business, actively championing and supporting the LGBTQ+ community, showcasing his leadership in both commerce and social advocacy.

Josef Hollywood He/Him

A radio presenter on Capital FM, Josef combines his broadcasting talent with entrepreneurial flair as the driving force behind Ocular Media, a successful marketing agency in Liverpool. His early start in the broadcast and business industry has shaped him into a versatile and influential figure within the LGBTQ+ Community.





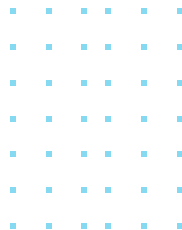
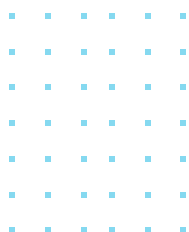
James' Place is a UK charity that offers free life-saving treatment to suicidal men in Liverpool and London, with a new center opening in Newcastle in 2024. Their professional therapists quickly identify the root cause of suicidal crisis and provide a safe, non-clinical, and friendly environment for men to solve their problems. Their treatment has helped over 1,500 men since 2018, with over 7,500 therapy sessions delivered. They aim to provide hope and prevent suicide.



0151 303 5757



liverpool@jamesplace.org.uk



Sean's Place

Sean's Place aims to boost men's mental health and well-being in Sefton and Liverpool City Region by providing support to improve confidence, self-esteem, and reduce depression, stress, and anxiety symptoms. The organisation challenges the stigma surrounding male mental health by promoting positive mental health discussions in a non-clinical, non-judgmental environment through practical and proactive support programs.



0151 922 5444



Info@seansplace.org.uk

SAHIR HOUSE

Whether you are recently diagnosed and don't know where to turn, or just want to talk to someone about issues you're currently facing. It's all free and confidential, just contact us and ask to speak to one of our HIV support workers. Our supporter workers may also be able to help with money, relationships and practical issues



0151 673 1972



Info@sahir.uk.com


Switchboard
LGBT+ helpline

This service provides support and referrals for the LGBTQ+ community and those dealing with sexuality or gender identity issues. They help find support groups, LGBT-friendly therapists, safe accommodations, and provide information on social groups, homophobic abuse, and family concerns.



0800 0119 100



hello@switchboard.lgbt



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Thank you to our sponsors:





The Martin Gallier Project is a suicide intervention, prevention, and postvention service that offers immediate crisis support, prevention by addressing the root causes, and postvention through mental health support. The service is based in the North West of England and has no barriers to access or waiting lists.



0151 644 0294



www.themartingallierproject.org



The local mental health charity was founded in 1967 to help people achieve better mental health and is part of a network of around 100 local Mind charities in England and Wales. Their objective is to normalise conversations around mental health, reduce discrimination, and support individuals to live healthier lives. They strive to support and respect those experiencing mental health problems until they receive the required assistance.



0151 512 2200



www.wirralmind.org.uk



Gambling with Lives supports families, individuals, and children affected by gambling-related suicide. They provide therapeutic mental health and bereavement support, including peer support, professional counselling, and assistance with complaints to the Gambling Commission and legal proceedings. Their goal is to raise awareness about the negative impact of gambling on mental health and prevent future tragedies.



07864 299 158



support@gamblingwithlives.org



Hub of Hope

The Hub of Hope is a mental health support database that brings together various types of mental health support and services in one place. It aims to be inclusive and welcoming to all, regardless of their experiences or how they make sense of them. The Hub of Hope is for everyone since we all experience mental or emotional distress at some point in our lives.



www.hubofhope.co.uk



The significance of LGBTQ+ individuals taking care of their mental health.



It's crucial for LGBTQ individuals to prioritise their mental health; due to unique challenges like societal norms, potential discrimination, and self-discovery.

Self-acceptance is an ongoing journey, and prioritising mental health ensures resilience and the strength to cope with external pressures. Seeking support fosters positive mental well-being, allowing for an authentic life and a sense of belonging - ultimately contributing to a healthier, happier, and fulfilling existence.



We are a Peer-to-Peer Support Group for trans, queer, intersex and androgyne people, as well as their friends, families, carers and supporters. Our services include information about transitioning, organizing group discussions, providing one-to-one advice, counseling sessions, and advocacy support for problems with public institutions.

//////  www.spiritlevel.org.uk



BEACON COUNSELLING TRUST

Reg. Charity No. 1140011

Beacon Counselling Trust provides confidential counselling services for those bereaved by suicide through Paul's Place, which offers up to 20 free one-to-one counselling sessions. Mersey Care NHS Foundation Trust offers a 24/7 freephone helpline for urgent mental health support and recommends contacting A&E or 999.

//////  0151 226 0696  paulsplaceadmin@beaconcounsellingtrust.co.uk

SAMARITANS

Samaritans provides safe and non-judgmental support to people with LGBTQ+ identities who may have extra needs and challenges. In 2022, they responded to over 69,000 calls related to gender identity or sexuality.



116 123



Jo@samaritans.org

shout

85258

here for you 24/7

Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.

If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.



85258



BLOOMINGMIND

The focus is on building strong teams and promoting community well-being to enhance mental health. Our aim is to work closely with clients to strengthen training programs with expert consultation and make a positive impact in all environments.

Courses Include:

- Mental Health First Aid
- Mental Health Champion
- Mental Health Aware
- Mental Health Skills for Managers
- Managing Stress
- Suicide First Aid: Understanding Suicide Interventions
- Suicide First Aid: Lite
- Suicide First Aid for Children & Young People
- Suicide First Aid Youth
- Suicide Awareness
- Suicide Prevention in the Workplace
- Emotional Resilience
- Navigating Grief in the Workplace
- Mindfulness for Professionals
- and dozens more courses...



Holly Clark

Founder and Trainer at Blooming Mind

Holly Clark, founder and trainer at Blooming Mind, is dedicated to spreading awareness and education about mental health and suicide prevention. After losing her brother to suicide in 2003, Holly's mission is to inspire change and empower individuals.



www.bloomingmind.co.uk