Youth Helpline puts Spotlight on Young Suicide

Thursday 10 September, 2015

Get Connected, the UK's free and confidential helpline for under 25s, has released new figures for World Suicide Prevention Day today that show an increase in young people contemplating suicide contacting their helpline. The charity is urging young people to reach out for support so they can find a path to a brighter future.

Last year alone, Get Connected supported more than 220,000 children and young people in crisis. 10% of young people using their free phone, email and web chat services were concerning suicide, more than double the figure in 2010. The Get Connected website also registered more than 25,000 searches for the term 'suicide' in 2014/15 – almost treble the amount registered just three years ago.

Thanks to funding from the Department for Education, Get Connected has recently expanded its service to include a new telephone counselling service, providing seven free sessions to young people who need help to improve their mental and emotional health.

35% of the young people who contacted Get Connected concerning suicide last year also discussed other issues related to their mental and emotional health, including 14% who also discussed self-harm.

Chloe Jackson, ambassador for Get Connected and a member of the charity's Youth Advisory Panel, says: *"Our typical British 'stiff upper lip' really contributes to the stigma surrounding mental health. It can be really hard to reach out for support, but keeping feelings bottled up can lead to desperate coping mechanisms and even a point where you feel like there's no other option than to take your own life. Talk to someone before the problem gets worse."*

Jessica Taplin, CEO at Get Connected, says*: "It can be very hard for young people to negotiate modern life and keep their psychological health balanced. Get Connected can help young people with any issue – we can provide a vital intervention and emotional support to help young people avoid a crisis getting worse, and we can also provide connections through to specialist support services in the long-term. Our new counselling service is designed to complement this and provide an enhanced service to young people who may otherwise find their situations becoming more desperate."*

For more information visit www.getconnected.org.uk

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NOTES TO EDITORS: For more information or accompanying images please contact Catherine Sweet, Marketing & Communications Manager at Get Connected: 020 7009 2516 / catherine.sweet@getconnected.org.uk

Get Connected is the free, confidential & multi-issue national helpline service supporting vulnerable young people under 25 all over the UK.

- Get Connected is registered charity number 1081840 and depends entirely on voluntary donations. Get Connected is a key partner of Child Helpline International, a global network of 173 child helplines in 142 countries.
- Get Connected supported 228,994 children and young people across all helpline and web channels in 2014/15. 10% of contacts over the phone, via web chat and email discussed suicidal ideation or intent.
- Get Connected was recently awarded funding from the Department for Education's Voluntary and Community Sector (VCS) grants scheme to develop a new telephone counselling service for under 25s as well as a new area of their website to provide enhanced information, advice and guidance around mental health. Get Connected was one of just 94 projects awarded funding nationally.
- More information at www.getconnected.org.uk/mental-health

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