

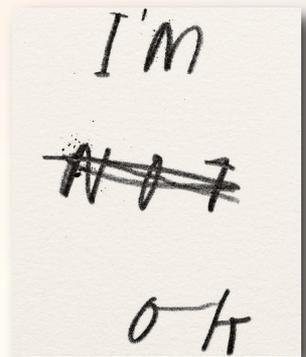
Help is close to hand

Reach Out for Mental Health is a not-for-profit community interest company which is focussed on reducing the number of attempted and completed suicides in Essex by providing an out of hours drop-in at **Hardie Park, Stanford-le-Hope**. This non-clinical drop-in service is run by volunteers who are friendly, good listeners, non-judgmental, patient and genuinely want to make a positive difference to people in crisis in their community.

It offers individuals space to talk with someone about how they are feeling and an opportunity to reflect and consider their intentions and other alternatives. It is available on Wednesdays and Saturdays from 6-10pm.

What happens at a drop-in?

Our volunteers appreciate that often people experiencing suicidal thoughts feel they have to keep it a secret, stay 'strong', carry on and keep smiling. Maintaining this persona can become exhausting and unbearable. The drop-in provides an opportunity for you to talk to a volunteer about your situation and how you are feeling, possibly for the first time. Anything discussed at our drop-in will be kept strictly confidential and will not be shared with anyone, unless you have provided consent.



How much information will be kept about me?

Reach Out for Mental Health will only record and store information which is relevant and necessary to provide you with effective and consistent support. We will ask you to complete a very brief questionnaire when you arrive which will ask THREE questions about how you are feeling and another at the end so we can verify the support we are providing is beneficial and suitable. We will also record your name (which can be false), your age bracket, gender, ethnicity and sexuality- this is for monitoring purposes only.

Can I just turn up?

No. You would need to call us on **01234 567 890** on either Wednesday or Saturday (the day you wish to attend the drop-in) and we will have a brief discussion with you to ensure we can support you and that we have capacity as we can only see around 7-10 clients in an evening. Unfortunately we can't support anyone who is under 18, has a severe mental health problem as our training doesn't extend outside our remit and we can't accept anyone who we suspect is under the influence of drugs or alcohol.

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