



 **The
Jordan Legacy**

Community Solutions

Everyone who lives, works and volunteers in our communities
can play a part in helping prevent suicides.



Schools, colleges and universities, parents, families, sports clubs and teams, local businesses and business groups and associations, charitable organisations, large and small, local NHS and mental health teams, suicide prevention leads, in fact, anyone in any community can influence how suicides are prevented.

Most suicides can be prevented if there is:

1. suicide prevention training made accessible for everyone.
2. clear signposting to ensure people know where and how to access support.
3. collaboration within communities so that agencies, charities, businesses and those working in suicide prevention work more closely together to save lives.
4. sharing of what is working amongst the community so others can learn how to prevent suicides.

We provide:

- awareness-raising around mental health and wellbeing.
- awareness-raising around suicide and suicide prevention.
- talks, workshops, forums about mental health, wellbeing and suicide.
- practical action checklists and guides on how to support someone with poor mental health or suicidal thoughts.
- guidance around the use of appropriate language when referring to mental health, self-harm and suicide.
- support for developing and implementing zero suicide plans within community settings.

"This is an incredibly sensitive area and we knew that we needed a speaker that would handle it as such. We found that person in Steve. His life experience of this topic is profound but he is able to rationalise it all in such a way that you can start to make sense of it."

"The talk was incredibly touching, emotional but most importantly educational and colleagues left with a greater awareness and practical steps to take should they be supporting someone who was considering ending their own life."



There are many things which can be done in your community to move toward a Zero Suicide society.

You can:

- find time to learn the basics and understand how to support those who may be struggling with their mental health or in crisis.
- provide clear signposting to support resources so that help can be found quickly and easily.
- hold talks and invite lived experience speakers to discuss and explain how to support someone with poor mental health or suicidal thoughts.
- review existing policies (local organisations) to support those who might experience self-harm or a death by suicide.
- review existing policies (local organisations) to ensure that they do not adversely impact on any individual's mental health or wellbeing.
- ensure that support is made available to anyone who has lost someone to suicide.
- contact The Jordan Legacy to find out how you can introduce a sustainable Zero Suicide framework in your community setting or business.



"Steve spoke from the heart about his personal experience, he spoke with honesty and sensitivity and immediately captured everyone's attention. I highly recommend that all organisations reach out to Steve and ask for this session, you won't be disappointed."



The Jordan Legacy

The Jordan Legacy is a registered Community Interest Company (CIC), founded in 2020 by Steve Phillip, following the death of his son, Jordan, to suicide in December 2019. Our mission is to continually seek ways of better supporting those who are finding life a struggle and, specifically, to reduce the number of lives being lost to suicide.

The Jordan Legacy has hosted panel discussions, talks and events and conferences on the topics of mental health with many government departments, the armed forces, professional services firms, large corporates, in the UK and overseas, the railways, construction firms and associated industries, universities and schools and many other organisations and groups.

The Jordan Legacy's team has a combined wealth of knowledge and experience of mental health and suicide spanning 18 years, including writing national suicide prevention training programmes and supporting governments and their national suicide prevention strategies and plans.

Most suicides are preventable, so our goal must surely be to prevent most suicides!

For help and support for anyone experiencing mental health problems or suicidal thoughts, please visit www.thejordanlegacy.com and our Help and Resources section. For details about how to book The Jordan Legacy to speak to your audience, please visit www.thejordanlegacy.com/speaking-and-events/