

**Suicide is preventable, and  
it's everyone's concern.**

**Become a Suicide Prevention  
Champion today!**

Brent, Wandsworth and Westminster 



## What is a Suicide Prevention Champion?

- A Suicide Prevention Champion is someone who is aware of and able to recognise the signs of someone who is struggling, and offers a compassionate and non-judgemental ear to support anyone who may be in crisis.
- Our Champions play a vital role in creating a safer and more supportive community.
- By becoming a Champion, you become part of a cause that is actively working to break barriers, reduce shame, and promote transparent conversations about mental health.

## Champion Eligibility:

- Anyone over 18
- You must live or work in one in the London boroughs of Sutton, Wandsworth, Kingston, Croydon, Richmond, or Merton
- Experience:
  - Lived experience of suicidal ideation or self-harm
  - Bereavement by suicide
  - Professional experience supporting someone who has experienced suicide
  - Passion for mental health and suicide prevention

**“There is a huge stigma around talking about suicide and I wanted to be part of a group that helps to break this and encourages these conversations so people experiencing suicidal thoughts feel they can be heard without judgement.”**

**– Natasha, Suicide Prevention Champion**

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