



maytree

We're open to suicidal feelings

**MAYTREE
SUICIDE
RESPITE
HOUSE**



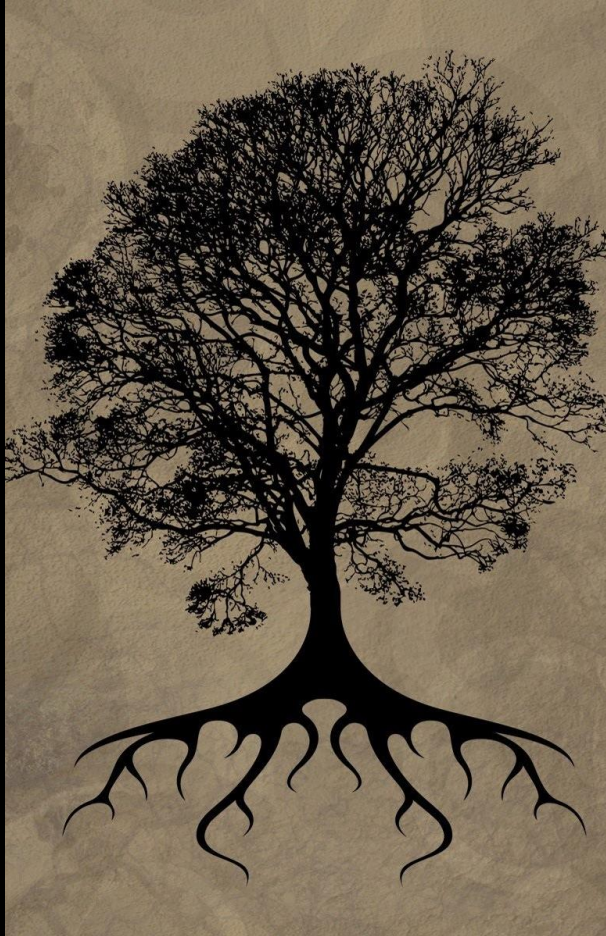
Safety First

Please note:

- Suicide is a sensitive subject.
- Please take care of yourselves, and each other
- If you need to leave the call, or turn off your screen or mute at any time, please do so,
- If you would like to speak with me later, please do let me know – pritty.rana@maytree.org.uk

We are open to talking about suicide

Maytree Origins



- Founders Michael Knight & Paddy Bazely, who were former Samaritans volunteers.
- Identified a gap in service provision, for those needing more than one-off telephone support, but less than hospitalisation or psychiatric care.
- National registered charity, officially established in 2002.
- Name inspired by the may tree, which blooms again in spring, representing renewed hope after winter.

Suicides in the UK



In 2018, there were 6,507 recorded suicides in the UK



For every suicide there are an estimated 20- 30 attempts



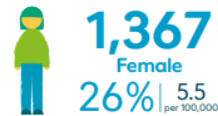
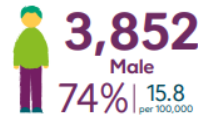
1 in 4 people know someone who has taken their own life, and are therefore twice as at risk themselves

Sources: 'Suicides in the UK: 2018 Registrations – Office for National Statistics

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2018registrations#registration-delays-have-increased-in-england-and-wales-since-the-previous-year>

Why Maytree ?

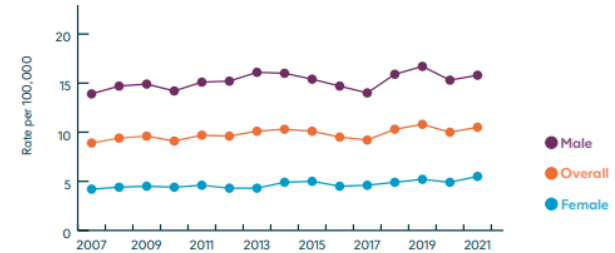
Suicides in England



Age groups with highest suicide rate per 100,000



Suicide rate per 100,000 in England 2007-2021



The overall, male, and female suicide rates in England have increased in 2021, with delayed inquests from 2020 being held. Rates in 2021 are similar to those seen in 2019.

Males are 2.9 times more likely to die by suicide in England than females.

Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is intentional self-harm and events of undetermined intent. Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude.



Maytree's Aims

- To reduce the number of lives lost to suicide.
- To provide a non-medical, holistic respite for people in suicidal distress, through providing listening and emotional support.
- Our aim is that the brief stay at Maytree will alleviate despair and suicidal thoughts.
- Support individuals to re-connect or connect with new people or services.
- Reduce Isolation and build trust.

Maytree's Service Offer

- **Maytree is a national charity** that provides a unique residential service for people experiencing suicidal thoughts and feelings - based in Islington.
- We offer our guests a **safe, calm and relaxed** environment, where they can **rest and reflect**- providing a respite from distress
- We support people in suicidal crisis by offering a **one-off, 4 night, 5 day stay** at our house in Finsbury Park
- At Maytree we offer guests the opportunity to **talk through their troubles and fears** through a holistic practice of compassionate, active and non-judgmental listening
- It is our mission **to reduce the risk of suicide** and to help to **restore hope to those in suicidal crisis**
- Maytree is named for the may tree, which blooms again in spring after winter.



Guest stays

Day 1

- Welcome Guest
- Introduce Stay

Day 2

- X2 Befriending sessions
- Check in with staff

Day 3

- X2 Befriending sessions
- Group activity
- Self Care Planning

Day 4

- X2 Befriending Session
- Individual time
- Self care planning

Day 5

- X1 Befriending session
- Self Care plan review
- Signposting

Our Reach & Impact



In 2019

145 Guests stayed

Receive over **1500** calls a
year



Maytree Referral Process

Accept referrals from:

- Individuals (Self)
- Professionals



How:

- **Call** in & leave message 0207 263 7070
- **Email:** Maytree@Maytree.org.uk
- **Website:** www.maytree.org.uk

Factors that would prevent us from offering a stay:

- Anyone under 18,
- Anyone who is street homeless,
- Anyone who is unable to abstain from drugs or Alcohol for 8 weeks,
- Individuals who are currently experiencing a psychotic episode or are diagnosed with a severe acute mental health issue that requires specialised medical treatment
- Anyone for any other reason who may not be able to engage in the befriending process

Guest S, June 2019

“With all my heart thank you... for you loving kindness, care, attention, respect and thoughtfulness. By giving me your time and talking to me, you put me in your heart and gave me a new belief in what I am. You created a pathway that was simply unavailable to me before, and now I see a difference I can see a future. You have been life changing for me.”



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Volunteering Opportunities 2022

@Maytreerespite   

maytree@maytree.org.uk

www.maytree.org.uk

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Email: Maytree@Maytree.org.uk

Website: www.maytree.org.uk



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