



About us

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around depression, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.

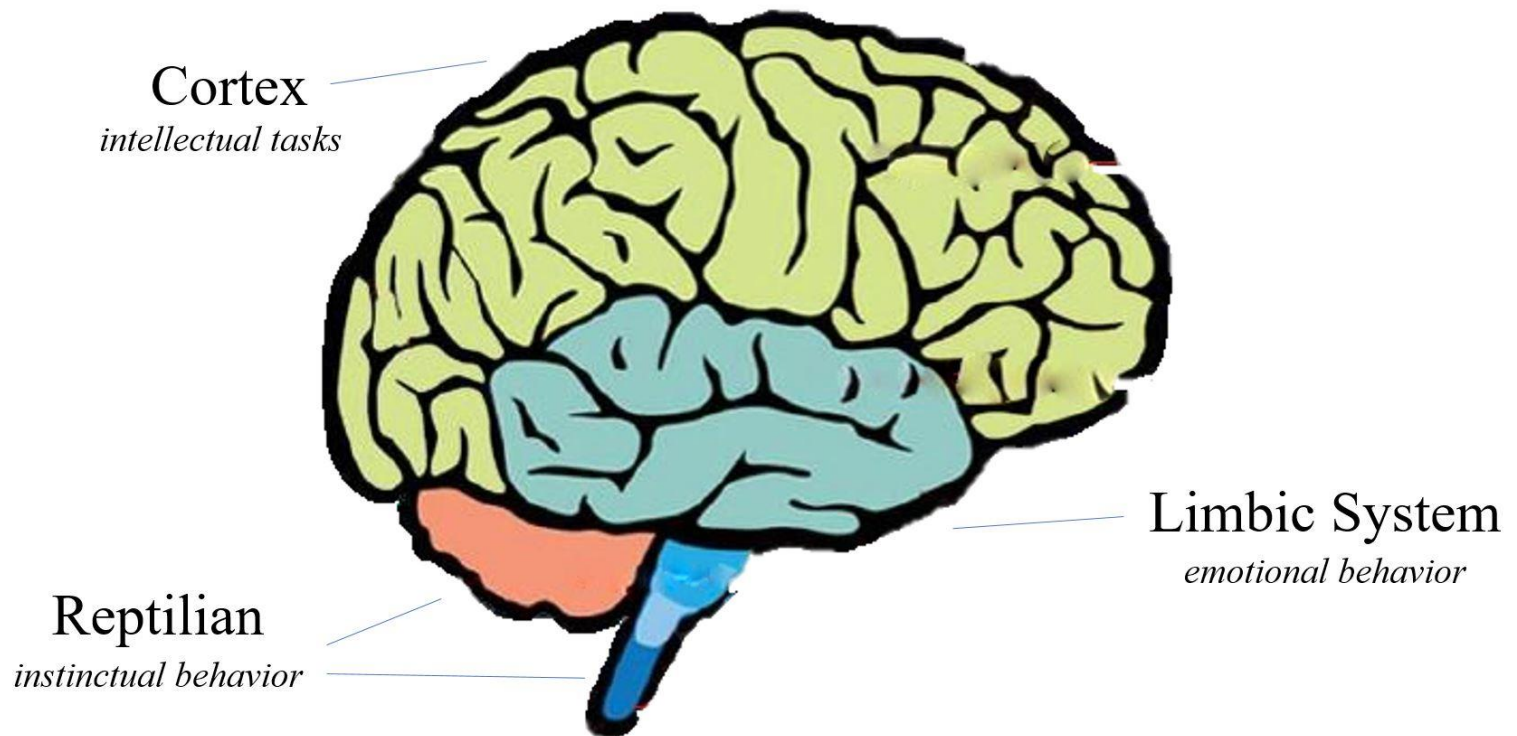


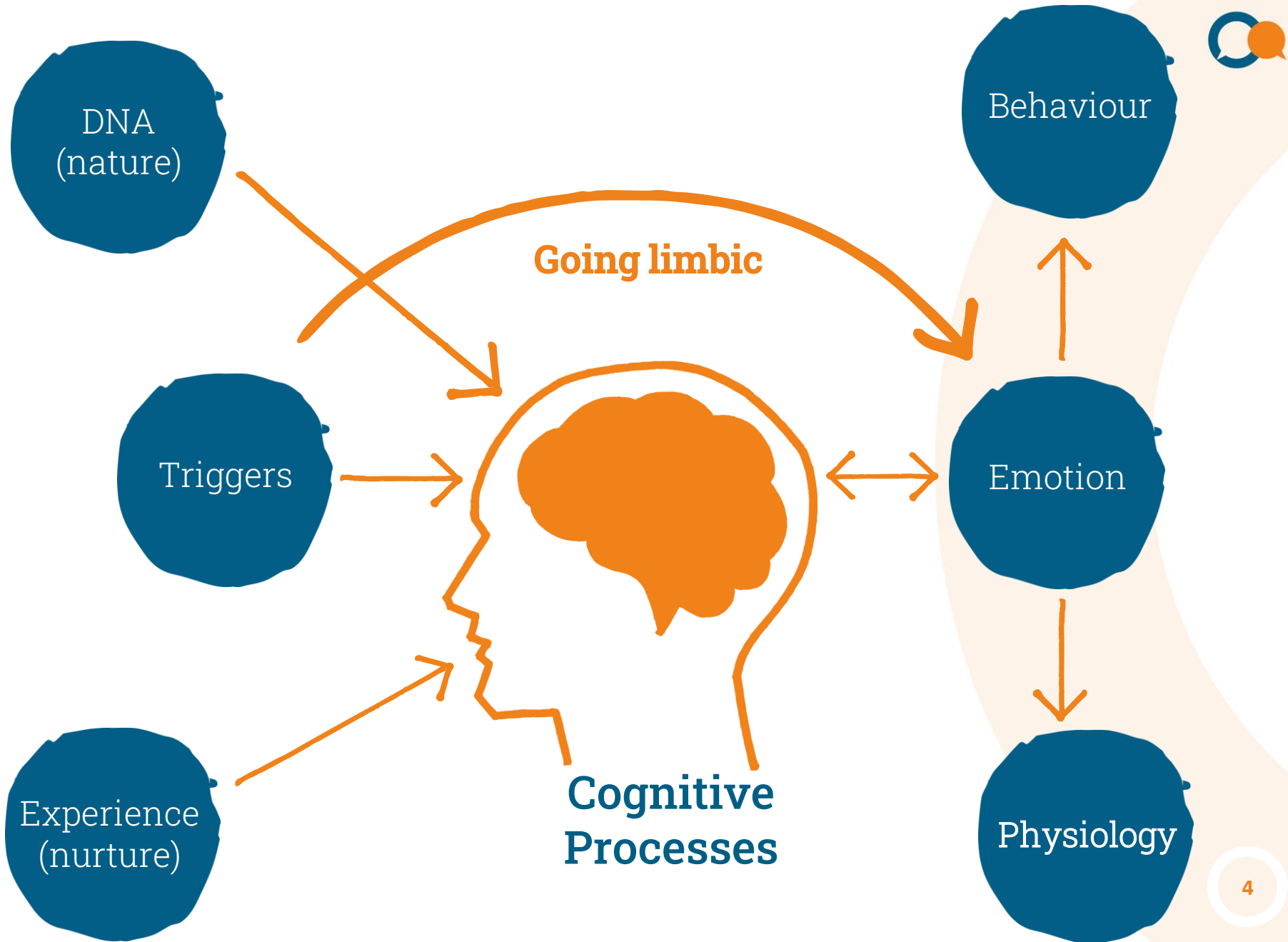
Statistically...of Victoria College's 656 students....

- Over 160 will have suffered a probable mental health disorder by the time they reach the age of 19
- At least 50 current students will be suffering an anxiety disorder
- A growing number will at some stage develop – or will have developed - a relationship with food and/or exercise which will be of concern. 25% of eating disorder sufferers are male
- At least 7 members of the 6th form will have self-harmed in one way or another
- 175 current Victoria College students will have experienced a degree of suicidal ideation by age 24

Why are young people especially vulnerable?

75% of mental health disorders originate during adolescence, 50% by age 15

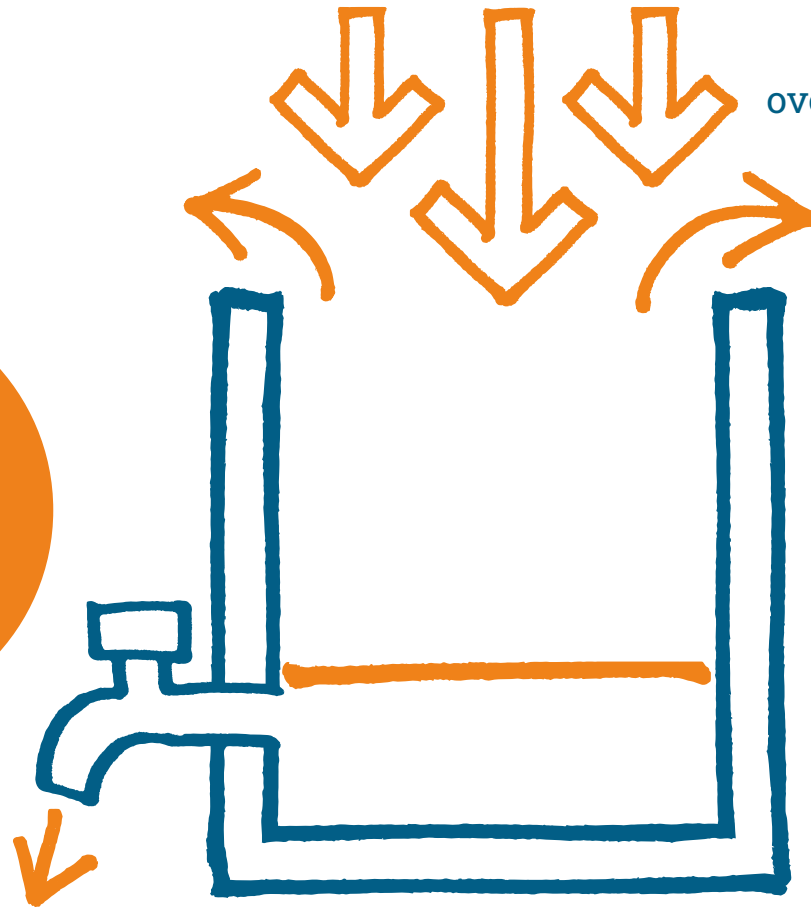






The Stress Bucket

Helpful coping strategies



If the container overflows, problems develop – ‘emotional’ snapping

Unhelpful coping strategies

Self-harm



18% of 15/16
year olds



Three times
more girls than
boys



Release of
emotional pain



It works...





What is Depression?

“...a loss of interest and enjoyment in ordinary things and experiences... low mood and a range of associated emotional, cognitive, physical and behavioural symptoms.”

National Clinical Practice Guideline



Signs and symptoms

- Tearful
- Withdrawn from friends and/or family
- No longer enjoying hobbies
- Unable to concentrate
- Sadness
- Tired all the time
- Poor communication
- Feeling hopeless or helpless
- Irritable / Angry
- Lack of motivation
- Anxious
- Changes in eating or sleeping habits
- Neglect of appearance and/or hygiene

Depressed or just a bit hacked off?



Duration

Distress

Disability

Eight Top Tips for Parents!



1. Communicate with school and with anyone with whom your son has a positive relationship
2. Listen to your son, even if he doesn't listen to you!
3. Try to avoid judging....remember that negative remarks have three times the impact as positive remarks of the same weight
4. Accept your son for the person he is – be careful with aspirations
5. EMPATHISE as opposed always to trying to suggest solutions: maintain connection
6. Focus on what is really important...
7. Always take dark thoughts seriously: remain vigilant and model emotional honesty
8. Help your son understand that all storms pass



Key skills for education... and life



Suicide : Some Facts



- Suicide is the leading cause of death in young people aged 10 to 34 in the UK
- 200 school children die by suicide every year, 75% boys or young men
- The suicide rate for 15 to 19 year olds between 2010 and 2021 increased by 35%
- The suicide rate for girls under the age of 20 is the highest since records began
- 7% of 17 year olds have made a suicide attempt

**ALL DAY, EVERY DAY,
WHENEVER YOU NEED US.**

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PAPYRUS
PREVENTION OF YOUNG SUICIDE



Do and Don't....

- ✓ *Always* take suggestions of suicidal thinking seriously and communicate accordingly
- ✓ Don't use judgemental language ("you're not thinking of doing something stupid are you...")
- ✓ Remain calm, listen with compassion and without interrupting; model emotional honesty



Teaching young people how to look after their mental health is more important now than it has ever been.

You can help us continue to be there for them.

By giving a regular donation of any amount you can join the Friends of Charlie Waller.

Regular donations enable us to plan our work for the future and build relationships with schools, colleges, universities and workplaces.

Find out more
charliewaller.org

