



YOUR STORY ISN'T OVER

## OUR MISSION

We exist to prevent suicide, reduce isolation, and strengthen mental wellbeing by offering compassionate support, building connected communities, and empowering people through education, outreach, and volunteering.

## OUR PURPOSES

1. To prevent suicide and promote mental health and wellbeing by providing accessible, non-clinical emotional support to individuals experiencing distress, social isolation, or suicidal thoughts.
2. To advance the health of the public by reducing social isolation and encouraging social connection through community activities and safe spaces.
3. To support families, carers, and those bereaved by suicide through outreach, education, and signposting to professional services.
4. To promote awareness and understanding of mental health issues and suicide prevention through education, advocacy, and partnerships.
5. To provide volunteering opportunities that promote personal development and contribute to suicide prevention efforts.