



If U Care Share Foundation (IUCSF) is a registered charity, established in 2005 following the tragic suicide of Daniel O'Hare who was just 19 years old. Daniel had shown no signs or had any previous history of mental health problems.

The organisation began as a campaign led by Daniel's two younger brothers Matthew and Ben and their cousin Sarah. Encouraging other young people to open up about how they were feeling was important to them because if you care about someone you share how you are feeling hence the name 'If U Care Share' The hope was and still is that this we could prevent other families from experiencing a similar tragedy.

If U Care Share has grown rapidly over the last few years, and is currently run by Daniel's parents, Dean and Shirley Smith. We have three main objectives: Suicide prevention, intervention and support for those touched by suicide.

IUCSF are members of:

- All Party Parliamentary Suicide Prevention Group
- Advisory Group for National Suicide Prevention Strategy
- The Alliance of Suicide Prevention Charities
- International Association for Suicide Prevention
- Support After Suicide Partnership
- Various local Suicide Prevention Groups



"There Is Always A Way"

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In Memory of Daniel O'Hare

If U Care Share Foundation is a registered charity no: 1142001



Suicide:

Prevention

Intervention

Bereavement Support



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## PREVENTION

Tackling Emotional & Mental Health (TEAMH)

Our prevention work is carried out by our TEAMH. Our sessions are designed to create a culture of openness and positive emotional wellbeing. We believe that talking about how you feel can be life saving.

Our programmes have been designed by young people, for young people and are intended to be fun and interactive, whilst delivering a strong message. We currently deliver in primary and secondary schools, football clubs and professional organisations. Get in touch to see what may be appropriate for your organisation.

As time has progressed we are also able to offer workshops to parents, carers, and staff working with young people. We can offer bespoke training adjusted and personalised to fit the needs of your organisation.

### **'IT'S OK NOT TO FEEL OK'**

By sharing our own **LIVED EXPERIENCES**, we illustrate the importance of seeking help in times of need, and signposting young people towards available support.

**'THERE IS ALWAYS A WAY'**

For more information, please contact us via [teamh@ifucareshare.co.uk](mailto:teamh@ifucareshare.co.uk)

## INTERVENTION

Suicide Training On Prevention (STOP)

Our Intervention work is done mainly through training. We are able to offer STOP :Suicide Training on Prevention. STOP is a one-day course we developed and funded in memory of Daniel Turnbull.

**STOP DEVELOPED AFTER DELIVERING OTHER TRAINING PACKAGES TO OVER**

**200 INDIVIDUALS**

**AWARENESS WORKSHOPS TO OVER**

**23,000 YOUNG PEOPLE**

**AND SUPPORTED OVER**

**1300 PEOPLE**

**WHO HAVE BEEN TOUCHED BY SUICIDE.**

AS OF 1ST NOVEMBER 2018

Our wealth of experience means that the course very much highlights the **LIVED EXPERIENCE** of both those bereaved by and at risk of suicide.

STOP increases knowledge and confidence to intervene if someone may be feeling suicidal. The focus on those bereaved by suicide and how we can support them is a unique element of the course. STOP is interactive and engaging on what can often be a very difficult and emotive subject to discuss. There are a maximum of 20 delegates per course. For more information please see our contact details overleaf.

## SUPPORT

Postvention: Support After Suicide (SAS)

Many at IUCSF have lost a loved one or been touched by suicide. These **LIVED EXPERIENCES** have shaped our support service. We offer practical and emotional support on a one to one basis. Support includes, phone, email, or face-to-face appointments at home or in our offices. We can advise on some of the procedures following a death by suicide. We can also assist organisations that may have been affected by suicide.

There are various resources offering guidance and support including 'Help is at hand', 'The Road Ahead' and our own support booklets – we can provide these free of charge.

We pride ourselves to an empathetic understanding approach and we tailor the support for every individual. As part of our support service we can offer access to a variety of different local and national services.

For further information please see our contact details overleaf.

**"TALKING TO IUCSF MADE A HUGE DIFFERENCE AND GAVE ME HOPE FOR THE FUTURE"**

**QUOTE FROM A BEREAVED SISTER**