**Orange Button Community Scheme** 

# Orange Button holder support card





# What is your role?

### It is:

- To be approachable and not run from the word suicide.
- To be a non-judgmental, caring and
- To give signposting support and information.
- Somebody to ask directly about suicide.

#### You can:

- Access information around appropriate support.
- Call 999 if you feel anyone is in immediate danger. Call the NHS urgent mental health helpline 111 (option 2) to get urgent help for someone you're worried about
- Encourage someone to make a safety plan, identify a safe person or seek professional help.

Keep your signposting knowledge up-to-date

#### It is not:

- Counselling or therapy.
- Long term support
- d
- A replacement for NHS services.
- A designated safe space.
- A mental health referral service (contact GP or self-refer).

Remember the skills from your training

Do





Don't

Listen



Support





Provide ongoing

support

Counsel



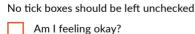
Signpost

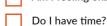


Be a mental health service

# Your checklist before









Do I know my boundaries?

## Self care

#### **Ground rules**

- Look after yourself take a step back.
- Remember what your orange button role is: to move people towards appropriate support.

#### Keep yourself well and be self aware

- Am I well enough to wear this today? If you're not feeling it, others will sense it.
- Do take it off and take time out.
- Wear within your own limitations, don't get too involved.
- You are there to help, not solve and you're not responsible for them.

Remember the skills from your training

#### Workplace environment: support

- Make time to support and time to reflect.
- Identify where you can get support in the workplace; line manager, intranet, employee assistance programme.
- Manage people's perceptions of orange button support.
- Speak to your mental health first aider.
- Keep your knowledge up to date.

#### Self-care

- Only wear your orange button when you are well and positive.Utilise the 5 ways to wellbeing at
- Utilise the 5 ways to wellbeing at mind.org.uk to ensure self-care.

# Keeping yourself safe

- Be aware of surroundings and keep calm
- help. Call 999 for urgent assistance.
- Do not put yourself or others in danger.

# Signposting

## Herefordshire & Worcestershire 24/7 NHS Urgent Mental Health Helpline (all age)

Offers advice, support and assessment for anyone experiencing a mental health crisis.

Mental health advisors will be able to listen to your concerns and make appropriate plans with you.

They will transfer your call to a trained mental health clinician if needed.

Tel: 111 (Choose option 2)

## Herefordshire Mind's Safe Haven

(5pm-10pm, last admission 9pm

A welcoming evening space that provides empathy, support, and safety to anyone 18+ experiencing high emotional distress and/or suicidal thoughts. Provide email, phone and face to face support including 1-1 appointments.

**Location:** Heffernan House, 130-132 Widemarsh Street, HR4 9HN

Tel: 01432 372407

Email: safehaven@herefordshire-mind.org.uk

# South Warwickshire and Worcestershire Mind's Safe Haven

(6pm-1am, last calls 12.20am)

A listening ear, support, and signposting for anyone 18+ in Worcestershire experiencing a mental health crisis. Same night face to face appointments in Redditch Centre available to callers who meet the criteria.

Tel: 01905 600 400

Call 116 123 to talk to Samaritans, or email jo@samaritans.org for a reply within 24 hours.

Text **SHOUT** to **85258** free on all major networks, for anyone in crisis anytime, anywhere.

# Worcestershire Mental Wellbeing Support



#### Herefordshire Mental Wellbeing Support

