



Orange Button Community Scheme

Hello!

Welcome to Issue 9 of the Orange Button Newsletter. If you have recently joined the scheme – the newsletters are a way for us to communicate any recent news, events or updates around suicide prevention and mental health in Somerset.

Since our last newsletter we have recruited an additional 50 Orange Button holders, and currently have 1402 people enrolled on the scheme across Somerset.

Thank you to all those who completed the Orange Button Scheme Evaluation, we had 186 responses which is an incredible improvement on previous years response rates! This means we have been able to identify some very insightful information about the scheme and things we can do to improve, so THANK YOU! You can read a brief summary of the evaluation findings in this newsletter.

Its World Suicide Prevention Day coming up on 10 September and we are again running the Walk for a Life event on Saturday 6 September 10:30 at Taunton Meeting House. It would be great to see as many Orange Button holders there as possible, so please do come along if you can, more details in this newsletter.

Thank you again for your support in making Somerset safer and more suicide aware.

Please do look after yourselves and take time to check in on others.

NEW Training on Suicide and Social Media

Social media can be a powerful space for connection, support and information sharing - but it also presents challenges when it comes to discussing suicide safely and responsibly.

This one-hour online workshop is designed to help individuals and organisations feel more confident in managing conversations about suicide on social media. We'll explore how to respond to posts, support individuals, and promote safe messaging that reduces harm and stigma. The workshops will be delivered online via TEAMS.

Click on the date to book:

[Thursday 2nd October 13.00 -14.00](#)

[Tuesday 7th October 18.30 -19.30](#)

[Friday 10th October 10.00 – 11.00](#)

[Wednesday 15th October 09.00 – 10.00](#)

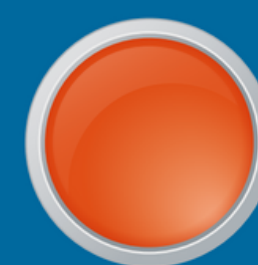
[Thursday 23rd October 14.00 – 15.00](#)

Suicide and Social Media Awareness Workshop

Online Event
1 Hour



Somerset
Council



Orange Button Evaluation – Key Insights

The Orange Button shows someone is trained and safe to talk to about suicide. Our recent survey (186 responses) confirms it's making a real difference.

Impact:

- Lives impacted: Holders reported meaningful conversations, from co-creating safety plans to preventing crises.
- Confidence boost: Training and the button help people ask directly and listen without judgement.
- Everyday impact: Conversations happen in schools, NHS services, community spaces – not just specialist settings.
- Ripple effect: Buttons spark awareness and inspire others to train.

Challenges:

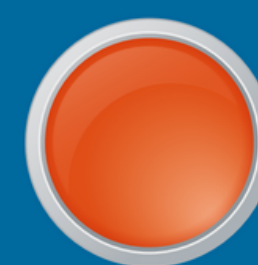
- Low public awareness, stigma, fear of “saying the wrong thing”, and practical issues like broken badges.

Next steps:

- Launching a Visibility Pack available to download from an Orange Button Holder “Hub” (posters, stickers, Teams backgrounds).
- Creating refresher videos and cue cards to keep confidence high, available on the Orange Button Holder “Hub”.
- Adding a simple replacement Orange Button link to the Hub and Mind Webpage.

Every conversation matters. Keep wearing your button, share what it means, and help us make suicide prevention visible.





Walk for a Life 2025

We will be doing the Walk for a Life event for a fourth year running to mark World Suicide Prevention Day (10 September) in Somerset. It would be great to have lots of our Orange Button Holders at the event! You are welcome to arrive at Taunton Meeting House anytime from 10.00, we will have signs and pens for those attending to write the name of a loved one or their reasons for walking.

We will gather at 10.30 for a short welcome speech and then set off on the walk, which follows a wheelchair and pushchair friendly route through Taunton. Well-behaved dogs are welcome but must be kept on a short lead for safety. After the walk, there will be refreshments available and an opportunity to talk to various local support services. We will also have a memory tree where people can share photos of loved ones or write messages.

Information in the lead up to the event will be shared on the Facebook Event page:

[Walk for a Life 2025](#)

Walk for a Life Website:

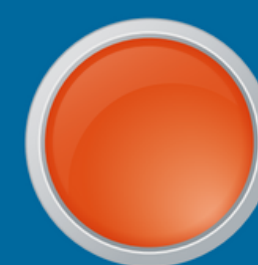
[Walk for a Life Somerset - Walk for a Life](#)

Please help us to promote the Orange Button and what it means

These posters are to help us raise awareness of the Orange Button. They reach out specifically to those who may be struggling with suicidal thoughts or people who are worried about someone they know.

Please help us to raise awareness from within your communities by displaying the poster in your community spaces. The posters are available to download via this link:

[Posters - Google Drive](#)



Somerset Support Benches

There are now a number of 'Support Benches' installed across Somerset. The benches are identifiable by their green colour and the words "Come Sit With Us" engraved across the back. Each bench has a QR code plaque attached to it which can be scanned to direct people to a [webpage](#) with various types of mental health support, such as an option to listen to the Somerset Letter of Hope, call Samaritans, text SHOUT or read more information about mental health support in Somerset.

The benches also have plaques providing the Samaritans and SHOUT number on each arm for those who may not be able to scan a QR code. In some areas QR code plaque has been added to existing benches. The project has been funded and led by the charity Safe South West and has been developed in partnership with Open Mental Health Experts by Experience.



Benches have been installed in: County Hall (Taunton), Vivary Park (Taunton), Taunton Library, Bridgwater Library, Ninesprings Park (Yeovil), Glastonbury High Street, Blake Gardens (Bridgwater), Cranleigh Gardens (Bridgwater), Bath and West Showground, Bishops Palace (Wells), Shepton Mallet (along the Strawberry Line route).

Training for Frontline Workers

Mind in Somerset is proud to offer free, high-quality training in partnership with Public Health Somerset to support frontline workers and volunteers across Somerset.

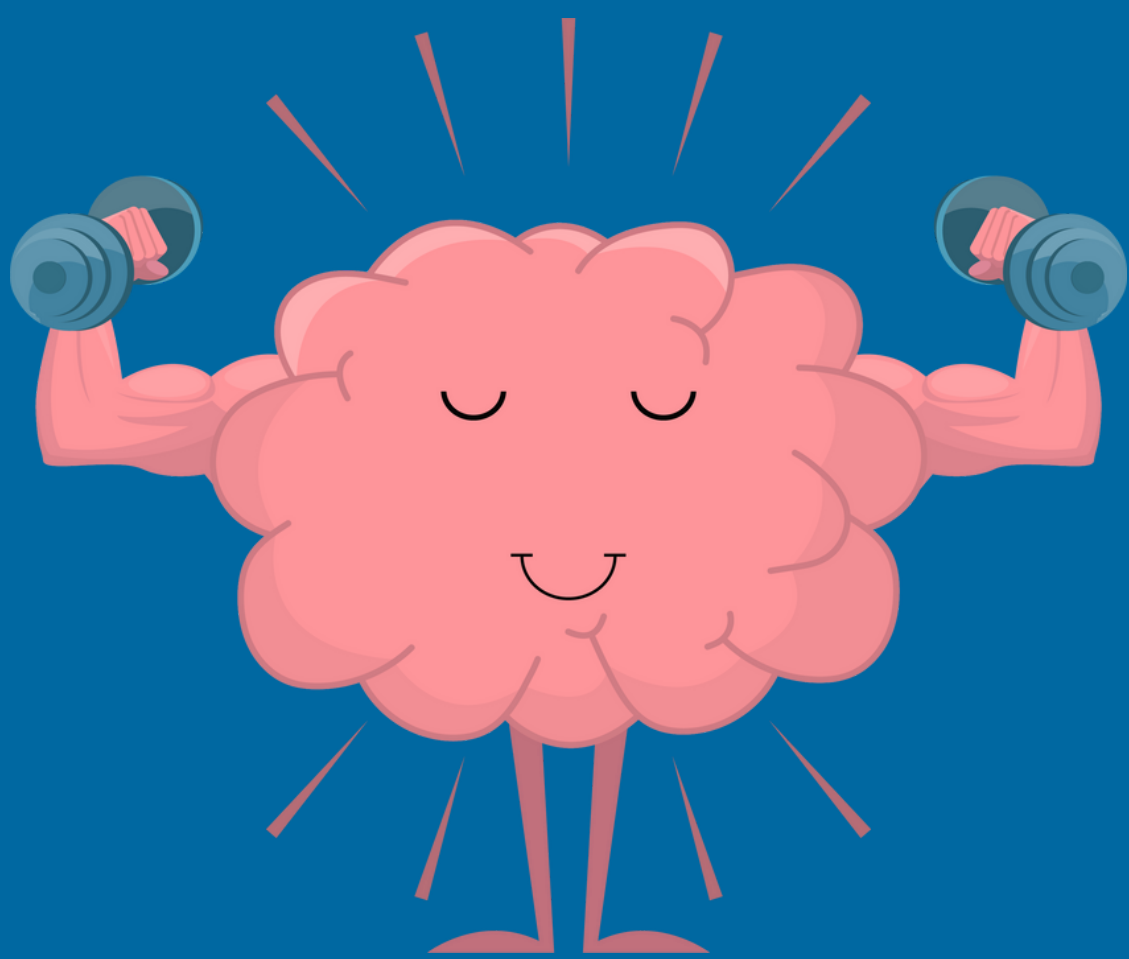
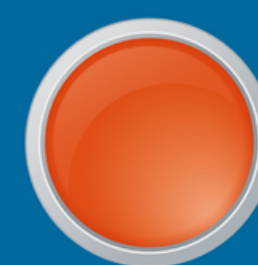
These courses are fully funded and open to those in sectors such as Health & Social Care, Housing & Homelessness, Drugs & Alcohol Services, Financial Advice, Criminal Justice Community & Voluntary Support.

The following courses can be applied for via the Mind in Somerset website by clicking the links below:

- [MHFA \(Mental Health First Aid\)](#)
- [MHFA Champions Training](#)
- [ASIST \(Applied Suicide Intervention Skills Training\)](#)

Places are limited and subject to eligibility. Open to Somerset-based frontline staff and volunteers.

mind
in Somerset



A reminder to keep your training up to date

For some of you, it may have been a while since you completed your training, we recommend that you regularly refresh your skills as this can be helpful to increase your confidence to have conversations and know where to signpost people for support. We have various suicide prevention training sessions available, you can view the different courses available via this link:

[Somerset's Mental Health Training Offer](https://healthysomerset.co.uk)
[.\(healthysomerset.co.uk\)](https://healthysomerset.co.uk)

PAPYRUS Debriefing Service

PAPYRUS's suicide prevention helpline, HOPELINEUK, is there for any professional or volunteer who has had an experience with suicide and would like to talk it through with a trained professional.

We really encourage Orange Button holders to utilise this service, supporting somebody in crisis can be distressing and it's important you feel able to discuss these experiences, the HOPELINEUK Debrief Service is a really helpful way for you to be able to do this.

HOPELINEUK

DEBRIEF SERVICE

We work with professionals including GPs, teachers, councillors, police, first responders and frontline workers, who have recently had an encounter with suicide, and would like to talk it through with a trained professional.



0800 068 41 41
07860 039 967
pat@papyrus-uk.org

To debrief with one of our suicide prevention advisers, call HOPELINEUK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org every day of the year from 9am to midnight.

Thank you to you all for the amazing work you are doing. If you have any queries, or need a replacement button, please email orange.button@mindinsomerset.org.uk



Somerset

Mindline

0800 138 1692 Freephone

01823 276 892 Local

**Young
Somerset**

www.youngsomerset.org.uk

Open
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support you need
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www.openmentalhealth.org.uk