

IMP;ACT

IMPROVING; Attitudes, Choices, Thoughts

Who we help

Adults who have made an attempt on their lives in the past 12 months.

People whose suicide attempts have emerged from a combination of life distress and physical or mental ill-health, who are not parasuicidal.

Voices of lived experience

IMP;ACT is a life line... they supported me with my issues and worries. I mean it when I say that without their support I wouldn't be here to give this feedback.

How we help

- The IMP;ACT Team supports people for up to a year with emotional resilience mentoring and practical coordination.
- We work to address the factors in people's lives which led to their suicide attempt, and reduce the likelihood of further attempts.
- Help includes managing their personal health, relationships, professional lives and the world in which they live.



I truly believe without impact's help and support my son would be without a mother, a partner without his other half, brothers without their sister.

My coordinator is wonderful to work with, really knowledgeable... to have that level of trust and ease with a person... speaks volumes about how excellent he is.



Contact us, or find out more: www.making-an-impact.com



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Voices of lived experience - Case Studies

IMP;ACT worked for a year with 'George'.

George is a gentleman in his 50s who lived alone and was very isolated from family and friends during the height of the pandemic. This isolation led to his suicide attempt.

When he first came to IMP;ACT George felt overwhelmed by his multiple physical and mental health diagnoses, which were confusing and difficult to manage.

The coordinator helped George to make and attend physical and mental health appointments. By advocating for George the coordinator helped him to more fully participate in his own care.

George was angry at himself for becoming suicidal. With help from his Emotional Resilience Mentor George learned to see how his mood had spiralled into becoming suicidal, and to recognise patterns of deterioration. He developed new coping strategies and began to reach out more to friends.

His coordinator worked with him on safety plans and helped him to access social and support groups.



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