

# Bridge Watch



*Save lives with us*

## According to research...

- 1 in 5 people have suicidal thoughts
- 1 in 14 self harm
- 1 in 15 attempt suicide
- In the UK, there are around 500 suicides per month (NHS Digital)



## Bridge Watch

*by Ascension Trust and City Bridge Foundation*



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<https://bridgewatch.uk/>



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## ABOUT US

Bridge Watch is an initiative where teams of volunteers will 'patrol' the bridges in the City of London to identify, engage, and support anyone at risk of suicide or self harm.



## VOLUNTEERING

As a volunteer, you will go on patrol for a fixed number of hours every month (depending on your availability). On patrol, you will identify individuals at risk of suicide or self harm, approach them and ask if they need help, and then intervene, working closely with emergency services. FREE TRAINING WILL BE PROVIDED.





## WHY JOIN US?



### SAVING LIVES

The once in a lifetime opportunity to directly save someone's life



### TRAINING

Suicide prevention & first aid training, supported in teams



### CONNECTION

Cities can be isolating - experience the power of human connection

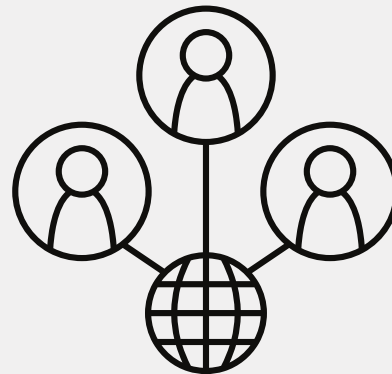


### PURPOSE

Be part of a wider movement to raise awareness and let people know support is available

## THE POWER OF LISTENING - WHY WE NEED YOU

Bridge Watch uses proven protocols, but it relies on volunteers on the ground who identify vulnerable people and provide them with someone to talk to, to encourage them that they should take a step back. Often all it takes is a steady human presence to get someone back from the brink.



"I'm so grateful to him for stopping and talking"

Suicide Survivor



Our work is centered in the heart of London, drawing on knowledge from similar interventions from around the country

**We work in collaboration with:**

