



**IPINCLUSIVE**

Working for diversity and inclusion in IP



**Jonathan's Voice**  
Speaking out for mental health

# Changing the narrative on suicide

Susie Bennett and Penelope  
Aspinall

Jonathan's Voice

[www.jonathansvoice.org.uk](http://www.jonathansvoice.org.uk)

Registered Charity 1180424



# Self-care during delivery

If anything raises any distressing issues for you, please take care of yourself during and after, in whichever way suits you best

Samaritans <https://www.samaritans.org/> 116 123



# Introduction to Jonathan's Voice



Jonathan was a patent attorney in Bristol. On the outside, life appeared to be going well. But a month after his 35th birthday he tragically took his own life on 30th October 2017. An “out of the blue” suicide. Sadly, he had been masking his mental health struggles very, very well.

**Shortly after this tragic event his family founded Jonathan's Voice, now a registered charity, to promote better mental health in the workplace.**



# Our Mission

- ▶ To open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health so all may thrive.
- ▶ Most importantly, we want to break down the stigma which prevents people from opening up about their mental health and give people the skills and confidence to know how to respond.



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# Link to Susie's guide on barriers to accessing help

<https://malesuicideresearch.com/resources/>



# Where to get help

- ▶ Your GP or practice nurse, especially if you have physical symptoms that need checking out; ***in a crisis call 111, 999 or go to A & E***
- ▶ Samaritans <https://www.samaritans.org/> 116 123
- ▶ National Suicide Prevention Association: <https://nspa.org.uk/>
- ▶ Calmzone <https://www.thecalmzone.net/> 0800 585858
- ▶ Man up: <https://www.manup.how/>
- ▶ Andy's Man club: <https://andysmanclub.co.uk/>
- ▶ Hub of hope <https://hubofhope.co.uk/>
- ▶ Your line manager or supervisor
- ▶ Human Resources
- ▶ Mental Health First Aider or Mental Health Champion
- ▶ Employee Assistance Programme



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# Find out more about us

- ▶ **Visit our website:** [www.jonathansvoice.org.uk](http://www.jonathansvoice.org.uk)
- ▶ **Email us:** [info@jonathansvoice.org.uk](mailto:info@jonathansvoice.org.uk)
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