

### **What is James' Place?**

We offer men who are experiencing a suicidal crisis a brief, intensive, therapeutic intervention in a homely environment. We are currently open from 9.30am – 5.30pm Monday – Friday (Not Bank Holidays)

### **Who do we support?**

- Men (and people who identify as men) age 18 +
- Men experiencing a Suicidal Crisis
- Men willing and able to engage in talking therapy
- Registered with a GP- or eligible for registration
- Men with access to stable accommodation for the period of the intervention
- If James' Place was not here, a man who you might consider sending to A&E or Home Treatment Team but who does not need a medical intervention, or a psychiatric assessment.

### **Who we are unable to support?**

- Men currently getting support from Secondary Mental Health services- or who would be eligible for that support
- Men who are street homeless
- Men with complex drug or alcohol problems
- Men who need a medical intervention – i.e. if they have just taken an overdose, just self-harmed and require immediate medical attention or require an immediate psychiatric assessment

### **What do we mean by a suicidal crisis?**

- Plans or intent to act on their suicidal thoughts, and/or
- Recent suicidal acts or attempts- with or without physical harm, and/or
- Acute intense and distressing suicidal thoughts (accompanied by at least one of these additional concerns: previous suicide attempt, impulsivity, access to self-identified means of harm, self-harm, exposure to self-harm or suicide, expressing fearlessness about death, imagery about death, dying and suicide)

### **What support do we offer?**

- 1:1 Talking Therapy with a trained James' Place suicide prevention therapist delivered in our centre near Old Street and Moorgate stations
- Intense support- up to 9 sessions in 6-8 weeks
- Additional social support- and signposting to relevant resources- i.e., debt advice, volunteering, CAB and Legal advice

**Call us:** [0203 4888 404](tel:02034888404)

**Email us:** [London@jamesplace.org.uk](mailto:London@jamesplace.org.uk)