

Guest Comments

“My stay at Maytree was a turning point for me. It gave me new hope and strength to face the future. Every conversation I had during my time there provided insights into the things that had driven me to the verge of suicide and also helped me see a future for myself. Maytree was literally a lifesaver”

Mary - 36 year old Maytree guest

“This place has been like a big warm hug. I’ll keep it forever”

“The power of Maytree is not the house, but all in it, that has saved my life”

“There is not a price you can put on the whole concept, atmosphere and space Maytree gives and has given me”

Frequently Asked Questions

WILL MAYTREE INFORM ANYONE THAT I AM FEELING SUICIDAL?

We understand people’s need for confidentiality and we will only ever share information about you with other professionals or your family with your permission.

I HAVE NO SUPPORT. WILL MAYTREE HELP ME ACCESS OTHER SERVICES?

We will discuss and try to identify other services or organisations that may be helpful to your needs.

DO I HAVE TO PAY FOR THE SERVICES MAYTREE PROVIDES?

We make no charge to guests, though if you choose to make a financial donation to Maytree it is always warmly appreciated. Please go to www.maytree.org.uk to donate what you can comfortably afford.



Please visit our website for more details about our service.
www.maytree.org.uk



Are you or someone you know feeling suicidal?

Call Maytree for confidential and non-judgemental support.



www.maytree.org.uk
Tel: 0207 263 7070

SUICIDAL FEELINGS

Suicidal feelings can be terrifying. You may no longer see the point in living and feel useless and unneeded. It may be difficult to relate to other people around you which can lead to you feeling withdrawn and isolated.

You may feel suicidal for a variety of reasons or perhaps there is no apparent reason. It may be difficult to talk to friends or family for fear of being misunderstood or judged. It's often easier to talk to someone independent of your everyday life.

There is support for you.

WHAT WE OFFER

Maytree offers a stay of four nights in a calm, safe, confidential, warm, non-medical environment for people who are contemplating suicide.

Each guest has plenty of opportunity to talk with a befriender who, through skilled listening can enable the thoughts, feelings and circumstances that underlie the crisis to be explored.

Guests may stay only once. On leaving we try to help guests arrange ongoing support. We offer one follow-up phone call about two weeks after a stay.

HOW WE WORK

If you or someone you know is feeling suicidal, do call or email us to explore whether Maytree may be able to help.

Before an assessment is offered we would usually have a few befriending phone calls to give us both the chance to get to know each other. The next step would be a face to face or telephone assessment, depending on where you live. This will explore in more depth whether a stay at Maytree could be beneficial.

Unfortunately we are unable to help support people who are currently:

- Under the age of 18.
- Misusing drugs and alcohol
- Suffering from acute and complex mental health problems which are beyond our expertise.

**Please note that Maytree
is not a drop-in centre**

**Please visit our website,
www.Maytree.org.uk**

**click on home then click on
"Guidance notes on a stay",
for information on any restrictions.**

HOW TO REFER YOURSELF

Call us on

020 7263 7070

or email us at

Maytree@maytree.org.uk

Maytree's Community Link Project

The Community Link Project is a five year project funded by the National Lottery through the Big Lottery Fund. Its purpose is to take Maytree into the community to engage with services that are working with high-risk and hard-to-engage groups, to build and maintain links with other service providers, to provide Suicide Awareness Training to professionals within the Voluntary and Public Sector and to promote Maytree's non medical model.

Our Community Link Worker works across the following boroughs: Camden, Islington, Hackney and Haringey.

For more information on our Community Link Project please email Community@Maytree.org.uk