



# Body & Soul Annual Report 2025





The first words you will find inside this annual report summarise a year in the life of Body & Soul as much as any could from anyone else.

## *To whom it may concern,*

Twelve months ago, I was sectioned in hospital, with no hope or desire to return to my life outside of those walls. Today I am planning to return to education, have an expert by experience role sharing my story, and look forward to each day. I now believe that my life is worth living, and I have learnt to recover loudly rather than suffer in silence.

My journey through mental health services isn't unique. Aged 17 I had already received multiple rounds of CBT, spent countless nights in A&E in crisis, been admitted to inpatient units hours from home, and ultimately been forced to drop out of school. I couldn't see a way out of the darkness that had me surrounded. Unlike many other young people thought I was fortunate enough to be referred to Body & Soul.

I was met with hugs and smiles, in a comforting and sensory friendly space. I was asked questions about more than just my mental health. For the first time, I felt as if I was valued, that I wasn't a lost cause. No longer was my treatment defined by limited sessions, constrained resources, and white clinical spaces. Instead, I was welcomed into a vibrant and warm community with open arms, and offered lifelong support underpinned by a therapeutic modality unavailable to me through NHS services.

Body & Soul's You Are Not Alone Programme opened my eyes to a different way of treating mental health than I had ever experienced before. They looked beyond the conclusions that professionals had previously reached, and treated me as a person, not just a label. Once I reached the end of my DBT treatment, I was invited to join the community of graduates, where I have continued to receive focused support and care.

Body & Soul are facing difficulties with funding at the moment. This means that they are unable to continue delivering this incomparable high standard of care that catches young people who would otherwise fall through the gaps. For

teenagers like me, charities like Body and Soul mean the difference between a life of darkness and despair, and one of light and hope. Your support can mean that difference.

Earlier this month, I took some time to consider what my life would look like without Body & Soul. I didn't have an answer. In that alternate universe I wasn't even convinced I would be alive right now. But what has become an alternate universe for me is still the harsh reality for thousands of young people, left with insufficient support.

Body & Soul haven't just changed my life, they saved it. They helped me recognise that I haven't come this far to only come this far and that there is a life for me outside of a seemingly endless cycle of hospital admissions. Most importantly they showed me that whilst pain is real, hope is too.

We need your help to allow Body & Soul to continue reaching vulnerable young people, and to continue teaching them that their lives are worth living.

Yours sincerely,  
Amy Reeve



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# Dear Body & Soul

*Letters from the Community*

Every year, our annual report is more than a balance sheet of Body & Soul's activities, we aim to capture the experience of a community that has been forming over 28 years. Body & Soul is more than a charity, it has become a whole ecosystem within which lives can be rebuilt and restarted. The words you will be reading are formed around the letters written by members of the Body & Soul community in the last months of 2024. It may not be apparent, but you will read the words of people of all ages who until recently faced a life so full of pain and suffering, that there seemed no way out. Members' suicide attempts are often the event where they are referred to try one last hope to find a way forward.

Being able to take that opportunity is not easy. To even turn up to your first assessment, when you have been let down on so many occasions before, requires finding deep inner resilience. Not everyone is ready to make that step. When they do, we have no interest in just patching people up. Patches don't last. We ask the question 'what would life had to look like to be worth living? And how far are you prepared to go to get that?

Our 'Body & Soul Healing Method' helps 85% succeed first time around. Others, they need longer but they get there. Our members words were not originally written for a report, to make us sound like we're doing a good job, they were written in response to the reality that without additional funding, the one thing that had changed their life that they never thought existed, could be taken away.

Like many other organisations, Body & Soul experienced an increasingly difficult financial landscape and a need to quickly adapt to ongoing uncertainty. News of charity closures have dominated headlines, citing financial challenges as the reason, something that is likely to only increase in 2025. Yet, for Body & Soul, there has always been a constant challenge, described by member Maddie, a graduate of the You Are Not Alone service:

*"I always felt misunderstood by the world until I found Body & Soul. Here, I finally found an entire community that accepted me and saw my value. It makes sense to me that the system that doesn't understand us, also doesn't understand the people who help us.*

*It's exhausting and painful and unfair but we have so much strength and resilience together, we are a community of people who have not been seen or heard by the world and now that we have finally found a place of love and acceptance, we're not going to let anyone take it away from us!"*

Body & Soul is only able to have this effect because it engages with the complexity of life. It doesn't seek to simplify or label or medicalise, it is able to stand at the intersection of people's lives and understand that suicidality is a systemic societal illness, not merely a mental health issue. Our model is not confined to treating suicidality, but providing a real alternative to communities failed by mainstream services, choosing to engage with multiple 'frames' of race and culture, gender, trauma, migration, physical & mental health.

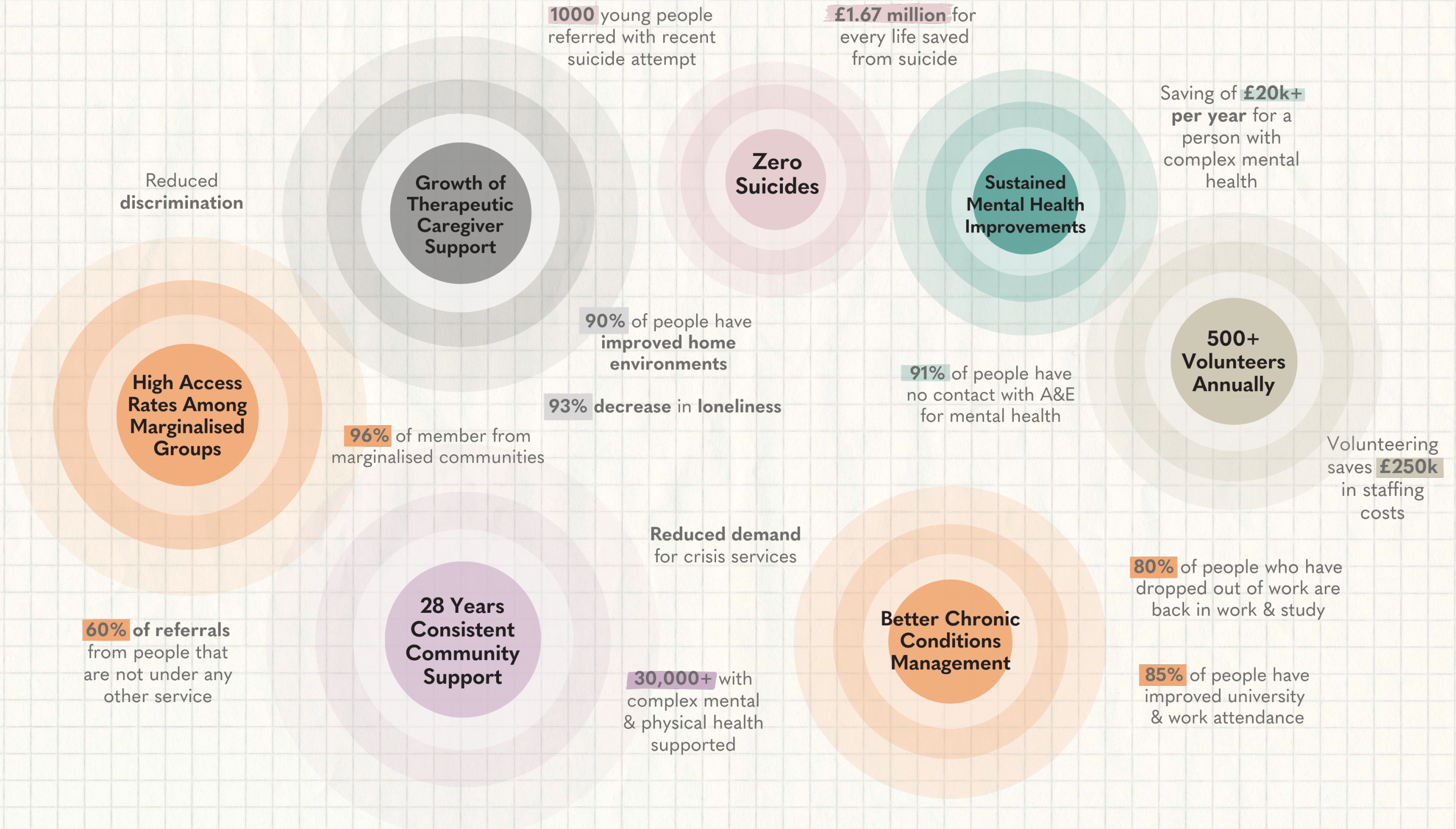
And in return 2024 represented the power of community resilience. The many members who wrote letters of support, were matched by even more using their skills to in turn to help Body & Soul be here for the next 28 years. From peer support, craft groups, campaigning and more, you will witness how we as a community collectively rose to the challenge.

This perhaps highlights the most significant lesson – that trauma, in all it's forms and symptoms, can shorten and end lives when faced alone in isolation. If we can create a community of healing, then we begin a different chain reaction of healing. This report underlines the innovative model we have developed that has become a template for how we can build systems that heal over the systems that ignore, dehumanise and harm.



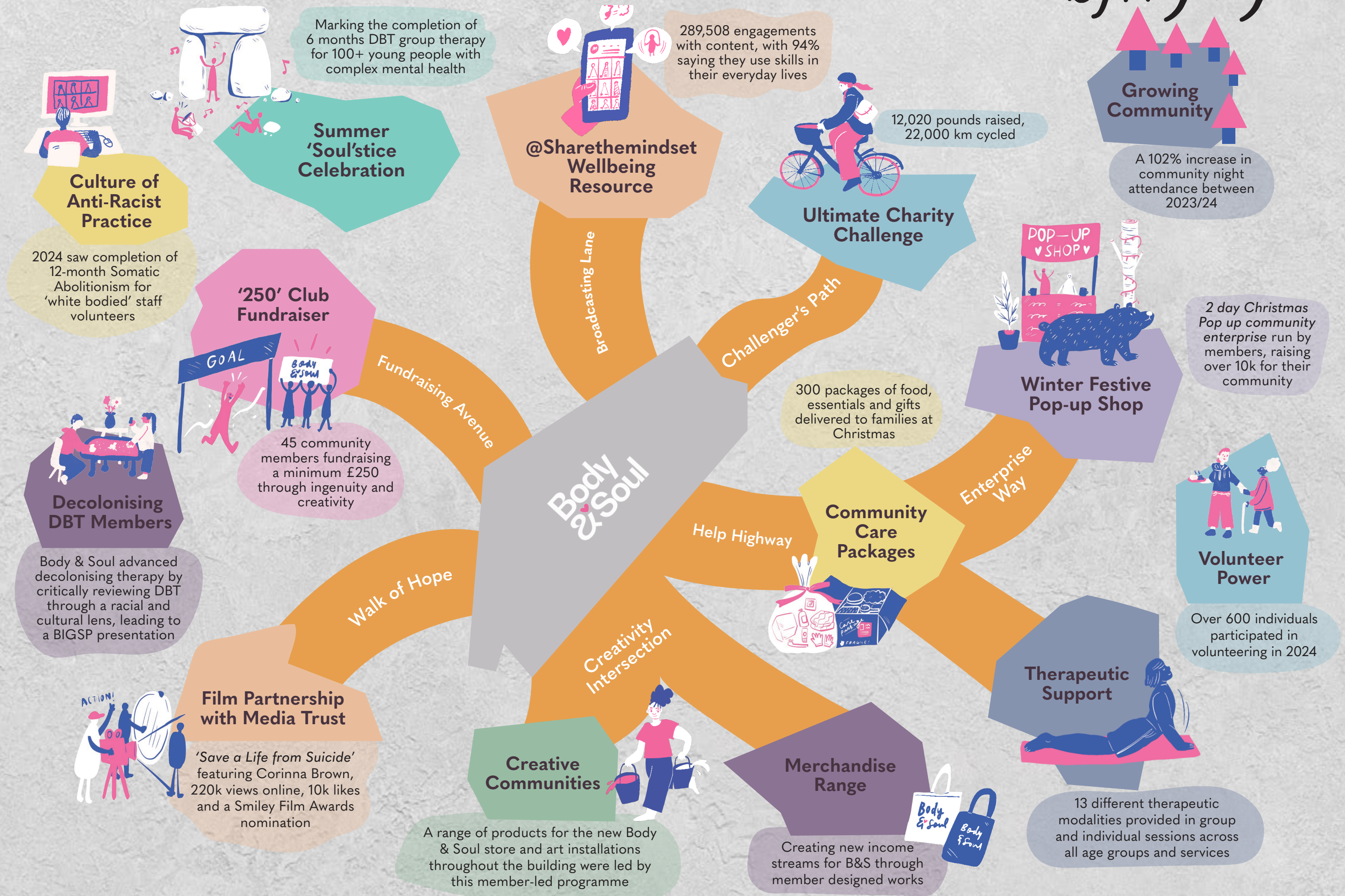
# Impact at a Glance

The Body & Soul Healing Method addresses Impact Areas that encompass both the multi-faceted impact of trauma on lives and the complex intersectional issues that other systems separate or ignore. The societal impact of the model reverberates in an equally complex way and here is a summary of just some of the effects...





# Key Highlights





# You Are Not Alone

Transforming lives of young people at risk of suicide

"Between services for anxiety and depression and severe personality disorders, there is a huge gap in services. Within this are people seen as 'too complex' and risky for the services available, left to bounce around crisis lines, GPs and A&E departments."

**Katie,**  
**Head of 'You Are Not Alone'**

## Highlights & Outcomes

**1,770**

YANA grad  
volunteering  
hours

**1001**

Referrals made  
in 2024

**388**

attended  
Community  
Workshops

**43**

Graduate  
Events

**800**

Registered  
members

**744**

1:1 Therapy  
appointments  
delivered

**270**

DBT Groups  
delivered

You Are Not Alone (YANA) represents a groundbreaking innovation in the treatment of complex mental health conditions and suicidality, earning the prestigious RSPH Public Health Minister's Award for its impact. As pressures on NHS services intensify and waiting times for mental health treatment reach unprecedented levels, the demand for YANA's services has grown dramatically. Since 2020, referrals to the programme have increased sixfold, enabling YANA to support over 800 young people in need.

You Are Not Alone (or YANA) serves as a vital lifeline in the midst of a global youth suicide crisis. YANA provides support to young people across the UK who are most at risk of suicide. These are the young people deemed too complex or too risky for other agencies, who are constantly in and out of NHS services. They have all attempted suicide at least once, most of them multiple times. They find themselves trapped in a cycle of chronic mental health and self-harm, with seemingly no way out other than the unthinkable act of suicide.

YANA steps in before it is too late. It takes these young people who are most at risk of suicide, and beyond just ensuring their survival, it helps them to thrive.

## How it works

### Stabilise Phase



YANA's first phase stabilises young people who are at immediate risk of suicide. Young people undergo 6 months of intensive Dialectical Behaviour Therapy, considered the gold standard in suicide prevention, which gives them skills to manage their mental health in times of extreme distress.

### Thrive Phase



This transformational phase offers long-term ongoing support including trauma therapy, casework, nutrition guidance, skills training, peer connection, and more - empowering young people to lead stable, fulfilling lives.

YANA addresses a critical gap in suicide prevention services. Most services focus solely on crisis intervention e.g. a helpline to stop a suicide attempt.

However, this only offers a temporary solution, leaving the underlying issue unaddressed. YANA's long-term, holistic support works with young people to address all the key areas in their lives, so they have all the tools they need so they can go on and thrive.

**100%**  
Stayed  
alive



**91%**  
More  
confident



**80%**  
Achieved a  
"Life-  
worth-  
living"  
goal





# To whoever reads my story...

"Within a few weeks of my first referral, I was accepted onto Body & Soul's You Are Not Alone Programme, a service for young people with a history of suicide attempts. Finally, I had found a community that accepted me, understood my needs and provided me with essential support and resources. I attended weekly Dialectical Behavioural Therapy (DBT) and had access to DBT skills coaching throughout the week.

Over the course of six months, my family relationships improved dramatically, and I felt able to seek new job opportunities. Most importantly, since graduation, I have never attempted to take my own life. DBT skills gave me a sense of autonomy and optimism. I felt that I now had the therapeutic skills to support myself and a trusted community to reach out to.

The life that I am living now would have been unimaginable to me three years ago when I first visited Body & Soul in need of help. My biggest ambition was to not feel suicidal. I couldn't, at that point, imagine a life worth living. A lot has changed since!

As I write this letter, I have just started an undergraduate Psychology degree. The process of reaching higher education took years, and I had the Body & Soul team behind me every step of the way. Once I have graduated, I hope to work in clinical psychology and support those in crisis.

Thank you for reading,  
Anne"





# Braver Together

A therapeutic support system for caregivers supporting those at risk of suicide

"As a close friend of someone who attempted to take their life, I felt helpless. I cared so much but did not know what would help or make things worse. Braver Together helped me to understand what was happening and learn the approaches that I could already see were helping my friend to get better."

Nooriyah

## Highlights & Outcomes

75<sup>th</sup>

member welcomed to the group

36

DBT Groups delivered

90%

Had better caregiver relationships

90%

Show improved caregiver mental health

80%

Report improved family functioning

\*To highlight Braver Together's impact, we use validated tools: the PHQ-4 for anxiety and depression, and the FAD for perceived family connections.

## How it works

### Skill Building



12 weeks of skill-building sessions to help families manage their own mental health and stress, while learning how to "hold space" for someone in crisis.

### Phone Coaching



A text or call service in-between weekly skills sessions to ask questions or ask for support using the skills they have learned.

### Community Support



When the structured therapeutic group sessions have finished, there is a community space to continue to speak to others who have similar lived experiences. This is key in reducing isolation and fostering community.

### Therapeutic Support



Free or low cost Psychological Therapy for individuals, couples or families.

The Braver Together programme is a unique support programme for anyone caring for a young person at risk of suicide. Where services typically focus on the 'patient', BT understands that individual's wellbeing is not solely about the person's mental health, it is relative to the environment they live in. Whilst YANA provides a new supportive environment for members, Braver Together helps ensure that family, chosen family, friends and partners know how to align their help whilst maintaining their own health and wellbeing.

Braver Together addresses key findings by The Royal College of Psychiatrists, Carers UK and The Mental Health Foundation that 71% of carers have poor physical or mental health and 80% feel lonely or socially isolated. By tackling this we improve outcomes for both young people with complex mental health and for those caring and supporting them. Braver Together alleviates the pressure on emergency mental health services by empowering families and individuals to use skills to feel more resilient.

Date : \_\_\_\_\_  
"All along, we were very lost, confused, bewildered, and we had a lot of conflicts as parents about how to handle this and how to help her. We looked for causes, for a diagnosis, for help but didn't find much, from therapy to psychiatry.

But we eventually found Body & Soul, or rather she found Body & Soul, and of course, like every time we tried something new we initially thought, ok finally we have some sort of solution, but we realized it was just the beginning of the journey towards a better life for her, and for the whole family."

Peter



# Addressing Critical Gaps in HIV Care

Race, Migration, Trauma & Family



"As a referrer it is invaluable for me to be able to discuss the benefits of attending Body & Soul with a patient and have complete trust that this service will serve our community with such depth of experience, love, and care. I have so many names, stories of how mothers, fathers, children, and even supportive family members have felt held, grounded, and encouraged by the nurturing and community that happens at Body & Soul."

Benjamin

## Highlights & Outcomes

2,752

Therapy Sessions

2,459

Casework Sessions

6,531

Support Calls

Body & Soul's longest running service provides essential support to individuals living with HIV, particularly those underserved by the wider healthcare system. Our community includes predominantly Black and people of colour (95%) and migrants or refugees of the African diaspora (91%). Many members have experienced repeated trauma, including trafficking, war, and gender-based violence and continue to face hardships such as poverty, inadequate housing, and systemic racism.

Migrants and refugees face a disproportionate gap in HIV care, facing multiple barriers to accessing care and facing a 52% increase in HIV cases in the last year, for those born outside of the UK. This demonstrates the exponential need for increased support for migrants and refugees.

Body & Soul has always understood the experience of HIV differently, based on a deep understanding of race, culture and community as the foundations of our model.

### Mental Health and Complex Trauma

The intersection of HIV and complex trauma presents significant mental health challenges. Complex trauma, which includes historical and ongoing racialised experiences of discrimination, directly influences emotional resilience and the ability to engage in consistent healthcare.

Upon referral, 80% of our members report experiencing suicidal ideation, highlighting the urgent necessity for trauma-informed and community-driven intervention that

addresses both the psychological and structural determinants influencing health outcomes.

### Holistic and Community-Centred Support

Body & Soul has over 5000 registered members, and in the last year we have supported over 2500 members of all ages, from newly born babies to elders in the community living with or affected by HIV.

### How it works

#### Mental Health Support

Therapy, trauma-engaged psychotherapy and group sessions

#### Physical Health

Nutritional and functional health guidance and medical advocacy

#### Practical Casework Support

Immigration advice, housing support, debt and benefits guidance

#### Increased capability

Improved self-concept, building resilience, improving ability for self-advocacy & confidence building

#### Maximising Productivity & Purpose

Personal development, employment support, and education

#### Psychosocial Wellbeing

Community engagement and destigmatisation

85%  
More able to  
adhere to  
medication



96%  
Feel less  
isolated



100%  
Families feel  
more resilient





# Stories from the community

"My name is Aisha from Ethiopia, and I've been living in the UK for more than 10 years. I first came to Body & Soul around 7 years ago. I felt immediately comfortable, like I had never felt before. It's very hard to meet other people with HIV who exist within a community like this, and I felt immediately happy. I started to contact some members, took their telephone numbers down and we now regularly meet up, chat online, and talk with each other. We call each other 'sister' and we do feel like family.

My closest friend I met is Mariam. After we met, we gave each other our phone numbers, and we called ourselves sisters. Whenever I need something, I know she is there right next to me.

We speak every day, and if I had never come to Body & Soul, I would never have met my sister. Outside of this place, I have nobody who checks up on me or knows about my HIV status. I finally have someone looking after me and checking on me. Sometimes she comes over to my flat and we stay several days together, even when I moved to my new flat she came over and told me "Sister, you can't stay here alone" so she stayed for the first few days with me, so I didn't feel so alone.

Without Body & Soul I think I would be homeless. I find it so hard to go and ask for support from any other service because of the stigma around my HIV status. I can't go to Citizens Advice Bureau or other services because I fear the stigma I will get and the way people treat me differently if they knew I had HIV. I hide myself.

Whereas when I came here, I felt that even the caseworkers are like my family. No one makes me feel shy, I feel like they know me in a way that others do not. I feel free when I come here.

This place feels like my own home. It is for me. I feel the same when I go to my house and put the key in the door, as when I come here and come through the front doors. I will never miss a Tuesday here because Tuesday is my chance to be myself. I can do what I want, and no one stops me or prevents me from being myself."

**Aisha**





# The Body & Soul Programme

A holistic, systemic family approach to living with HIV

"Unlike many services, Body & Soul maintains proactive contact with members, ensuring that individuals and families remain engaged with their care. This approach is critical for sustained social connection, improved adherence to treatment and mental health outcomes."

Oolu,  
Healthcare Professional

## Highlights & Outcomes

### We understand that Holistic Support = Whole Family Support

Children and young people are deeply impacted by the challenges faced by their parents living with HIV, with an increased risk of poverty, homelessness, disrupted education, discrimination and loss of life opportunities. These challenges can also affect parental responsiveness in the early years and parenting difficulties in later years. Body & Soul remains the only agency with a dedicated service for families, children and young people living with HIV. By addressing these issues, we work to break intergenerational cycles and support healthier futures for both parents and children.

45

Explorer Sessions

46

BaSe Sessions

39

Teen Spirit Sessions

165

Unique CYP were supported

151

Casework Support Calls completed

19

Sessions for 60 new HIV+ mums & babies

"Body & Soul is a community that supports HIV holistically, not just me, but they're also supporting my son who is now a grown teenager. He has his own problems because he is on the autistic spectrum with transitional needs.

Body & Soul is one of the places my son identifies as safe. He goes to school, he comes back home and he goes to Teen-spirit on a Thursday. This gives him independence to learn how to have a social life without me. He has two other buddies in the car who pick him up.

He has a mentor he looks to and draws strengths from and I've seen a change at school and since he's started secondary school. He is now in GCSEs in year 10 looking forwards to his exams.

My son also thinks about suicide. He was referred to CAMHS twice on suicide because he wanted to die, because before he could not understand himself. But I want to say, as a teenager, accessing to service independently by himself with the help of the taxi service, my son is now learning to come out of his shell. He is more interactive with other people and is now recognising a bit of interactions which makes him more confident in class and he now has friends, which for me is huge!"

Nicki

80%

Of CYPs can state one tool to manage emotions



97%

Of CYP better at managing worries



91%

Improvement of CYP's pro-social behaviours





# Body & Soul ASG

A Therapeutic Community supporting Adoptive Families and Special Guardianship

“For me, therapy has been essential in managing the complexities of parenting a neurodivergent teenager. It has given me tools to support him while also recognising my own limits and needs.”

*Elijah*

Body & Soul's Adoption and Special Guardianship programme offers a whole-family therapeutic support to families, understanding the unique nature of trauma experienced by children and young people around loss, rejection, neglect and abandonment.

It remains the only model of its kind in the UK, focusing holistic therapeutic support for both caregivers and children, Teen Spirit (aged 13-18) and Young Explorers (aged 7-12).

At the core of the ASG programme is social & emotional skills programme, utilising Dialectical Behaviour Therapy (DBT) as a foundation for emotional regulation and communication for the whole family.

Skills are integrated into creative learning projects ranging from cookery to drama to challenges and problem solving. High staff ratios ensure we meet significant needs within our community, recognising:

**100%** of children have experienced developmental trauma

**62%** of CYP are neurodiverse

**22%** of CYP struggle with suicidality and self-harm

**68%** CYP struggle with emotions, behaviour and relationships

Body & Soul ASG is only possible through a strong advocacy approach to social services, that aims for early (not crisis) intervention, group rather than solely individual therapeutic support and longer term 'relational' approaches. 2024 has seen it become even more challenging to access help, with cuts to social services teams increasing the waiting time for applications to the Adoption Support Fund, the only funding available for this

vital work. For care-experienced children & young people, Body & Soul ASG represents the first opportunity to acquire the social and emotional skills to begin to form relationships and trust. It is also an environment that sensitively supports positive identity formation. 50% of Teen Spirit and Young Explorers are black, people of colour or mixed heritage and this is reflected through a culturally informed model that recognises unique needs, traditions, and experiences. This is supported by a multi-disciplinary team of professionals who are culturally and racially sensitive in their in approaches to supporting the members.



“Body & Soul have really connected with families and our individual challenges. The children learn through play, activities and situation-based analysis whereas we (the caregivers) learn the theory and apply the skills at home and this makes it easier to manage difficult situations with our children. The dialectical skills that we are being taught have been so helpful in managing challenging behaviour and dysregulation. For example, anger management was taught to the children through practically changing their temperature and through distraction techniques. We have been able to apply these techniques at home.”

*Rosa*

## Highlights

164 families and 463 individual members in Adoption & Special Guardianship

100 members (45 families) supported through a Whole-Family Approach

100 1:1 adult caregiver Support Sessions

## Outcomes

100%



Have a better understanding of trauma

93% Of families feel less lonely



93% Reported an improved child-caregiver relationship





# Body & Soul Specialist 1:1 Support

B&S is a very welcoming, loving, respectful and safe space for me and other HIV Positive Members. The Team of Staff and Volunteers are exceptional, they are always very compassionate, comforting, and attend to members needs in detail.

I was very lonely and isolated before starting to attend B&S, which was really having a bad impact on my mental health, then at B&S I got social connections with the weekly community sessions on Tuesdays. My Depression and Anxiety lessened, coupled with the Talking Therapy Sessions which I received at B&S, hence my Mental health improved greatly.

The weekly Community Sessions have excellent different themes, always including a nutritious dinner (helps a lot with my HIV Medication) followed by nutrition talks, Physical Movement Exercises, HIV Medication Updates by Clinical Specialists, Arts& Crafts and Drawings, Music and Dance, Male and Female and Parents Groups, to mention but a few.

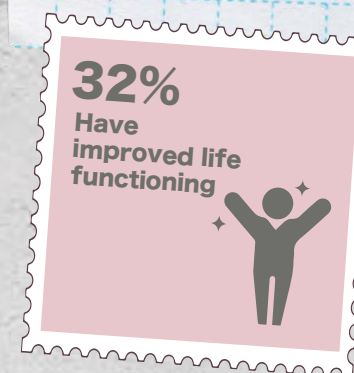
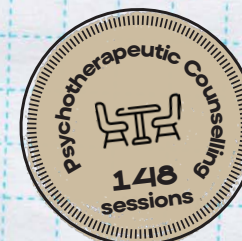
There are Unique Case Work and referral pathway Support at B&S - on Immigration, Housing, Welfare Benefits, Parents, Youth and Children and others; currently I am being supported on Housing Issues.

Tailored Complementary Therapies (Chair Massage & Reiki) and Exercises at B&S really helped me with my peripheral Neuropathy and Pre-Diabetic Diagnosis, and I have lost 2Kgs in weight; support which are not easy to get at most other HIV Charities.

Simba

# Individual Therapies

In 2024 147 members received individual therapy through 1934 therapy sessions, delivered across 13 different modalities, including:



Body & Soul's Healing Method is built upon every member feeling centred in community groups, courses and projects. From this foundation, we tailor further therapy to each individual, exploring if 1:1, group or family therapy is best for their specific set of needs, and the modality. All therapists are required to work with racially and trauma informed approaches and with relevant accredited training.





# Casework & Advocacy

I first came to Body & Soul in 2015. My friend Lola, who lived in the same accommodation as me, told me about them and we came together. I was supported by adult social services and my immigration application had been refused.

Body & Soul helped me in the beginning by referring me to the Red Cross and to the Food Chain for extra support. They also helped me to find a solicitor who helped me to claim asylum. Without Body & Soul I would never have received my refugee status and got my benefits. I am disabled so it would have been very hard for me.

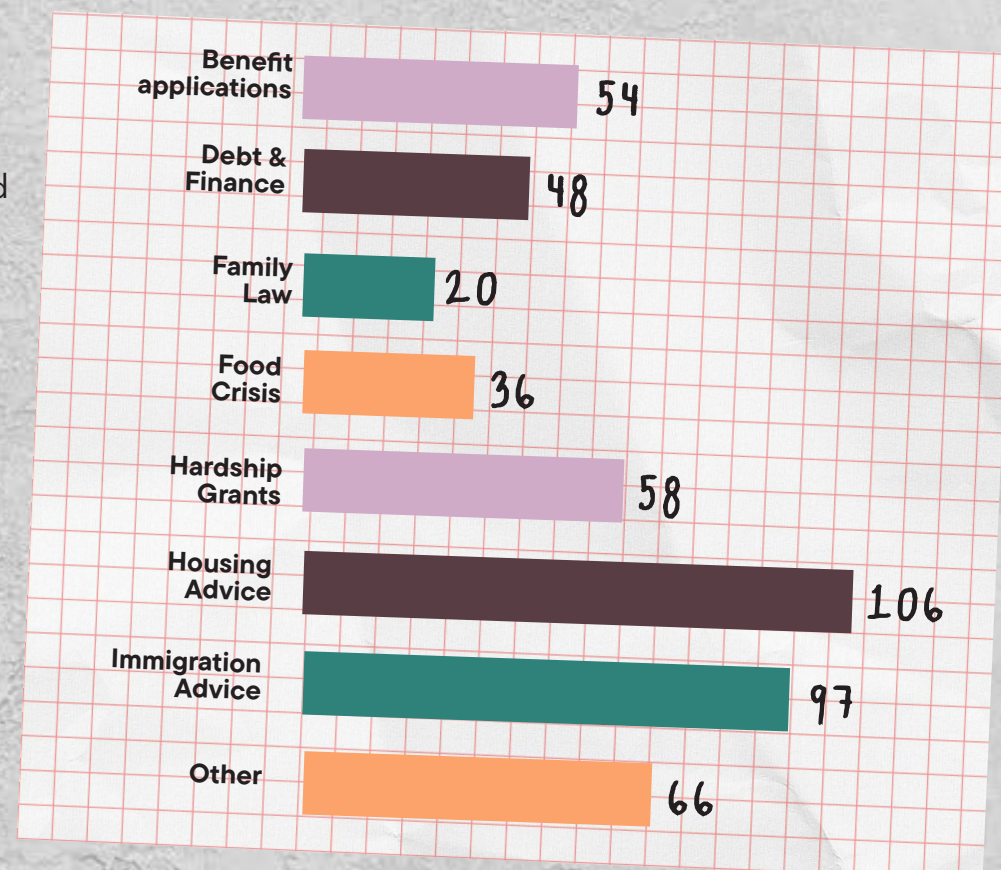
The people at Body & Soul are good people. They help me to read my letters, and I enjoy the food.

There is always someone to talk to and the volunteers help me. I met my good friend Joe at Body & Soul, we are like brothers and help each other – I come from Guinea, and he comes from Sierra Leone, so we are neighbours.

Fatoumata

Body & Soul's Casework and Advocacy support is available for all members 5 days a week. With a full time casework manager, a dedicated volunteer team and a regular pro bono legal clinic, urgent cases receive a quick response across a range of specialist areas.

Whether the issues pose immediate risk to wellbeing, or stop members moving forwards, the service works with members to address the immediate challenges and plan ahead to create a sense of stability.



# Volunteering

Volunteering is simply the formula for how Body & Soul defies it's apparent modest budget and team, to produce the levels of impact. It is equally the pathway for members to continue rebuilding a sense of life and purpose. Internally, we don't use the term 'volunteer', instead every individual giving their time and skills belongs to a team and has a key role that truly matters. We believe this responsibility and purpose brings out the very best in talents and potential.

Bloomberg

ZENO



adform

Hewlett Packard Enterprise



“Volunteering with B&S made a huge difference to me as it enabled me to connect and be part of a larger community. In early 2021 I was made redundant, so being part of the Beyond Boundaries phone service enabled me to build skills and stay connected to a community.

Talking to members and feeling like I was making a difference really helped me feel fulfilled, I also felt I was honing my learnt skills to be part of the growth of members and improving their lives

I learned more about different groups of people, was able to continue to develop empathy and compassion and learned more about resilience of people, while being able to reflect on being in a white body and how I show up in the world.

It helped me develop confidence in having to think on the spot and talking to different people and be curious and spontaneous and more comfortable with silence.

I'm now back in a new job after volunteering at Body & Soul.”

Drew





# Looking ahead to 2025

Dear 2025,

As our members tell us frequently, having the right support at the right time is what made the difference...the difference between falling further into crisis or starting to get back on a pathway back to life and one that is worth living. As our community was there for us in 2024, we know we need to be there for the many more people who are at risk of suicide, without the hope of getting the treatment that works.

Body & Soul is well aware that the crisis of mental health is likely to deepen further and now needs a revolution in support to turn the tide. That is our aim for 2025.

Mental health services are not working. Suicide rates are rising as are waiting lists and the complexity of needs. Until significant investment is made in services that help people become well again, the demand will only continue to rise.

Body & Soul works with the most complex needs and our Healing Method goes beyond short term mends, it is able to put people, who have been failed and ignored by the system, back on a road to full recovery. It works.

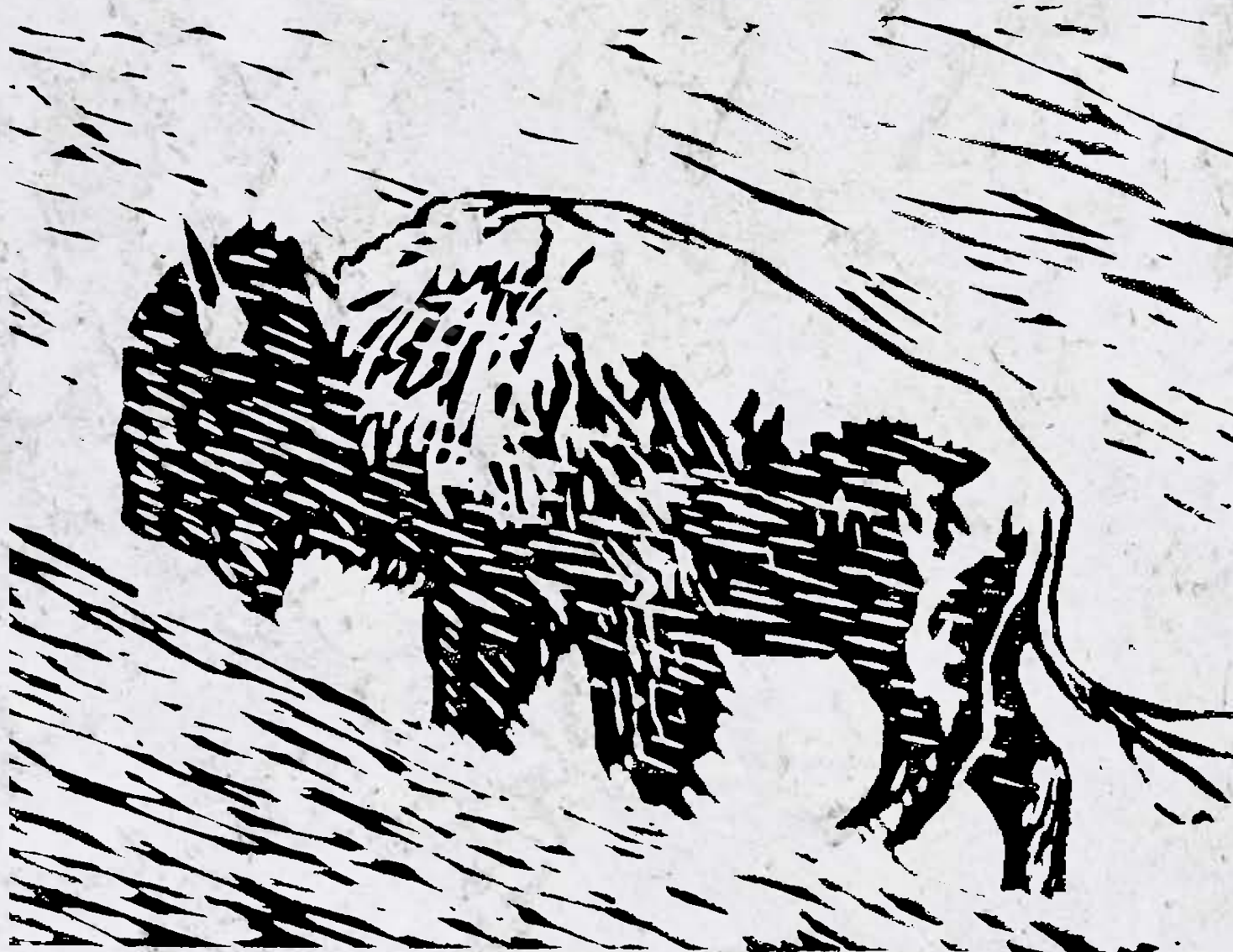
In 2025, we cannot wait any longer for commissioners and policy makers to catch up.

Plans are already in place to seize the initiative. What we lack in investment we more than make up for in passion and determination. Our community have all survived life in its most challenging moments, and this creates an impatience with the wider system and for change.

In 2025, Body & Soul will be launching its own attention getting suicide prevention campaign to show what can be done to turn the tide on mental health.

Ultimately, our mission that has been forged over 28 years is now more relevant than ever. We are here to change the narrative of communities that are marginalised by our society to the point of despair. We invite new friends, partners, and allies to join as we build a revolution in suicide prevention.





If there are 2 minutes that capture a year in our community, it would be a a young person reading out the words that represented what 6 months of DBT therapy represented to them. They would also become symbolic of how a community responded to adversity, together. We thank everywarrior.org for lending the wisdom of elders that rang true for Amy and Body & Soul.

*"This is a story that we feel rings true for many of us...a story proven true, handed down from generation to generation, a grand narrative of cows, bison and storms.*

*The story centered around one of the most fascinating characteristics of the Bison...shows us how they react when a storm is coming. While cows, their close relatives, huddle together and run away from the storm, the Bison, in all of its strength and might, take the storm head on, charging directly into its path.*

*Many times, we find ourselves as the cow in this story, trying with everything in us to put as much distance between us and whatever storms we see on the horizon. By turning and running away we only prolong our suffering and lengthen our exposure to the elements of the storm, therefore, greatly increasing the suffering we endure.*

*The mighty bison has it right, by charging into the storm, facing it head on, it limits the amount of time it takes to weather the storm and how quickly its adversity is overcome.*

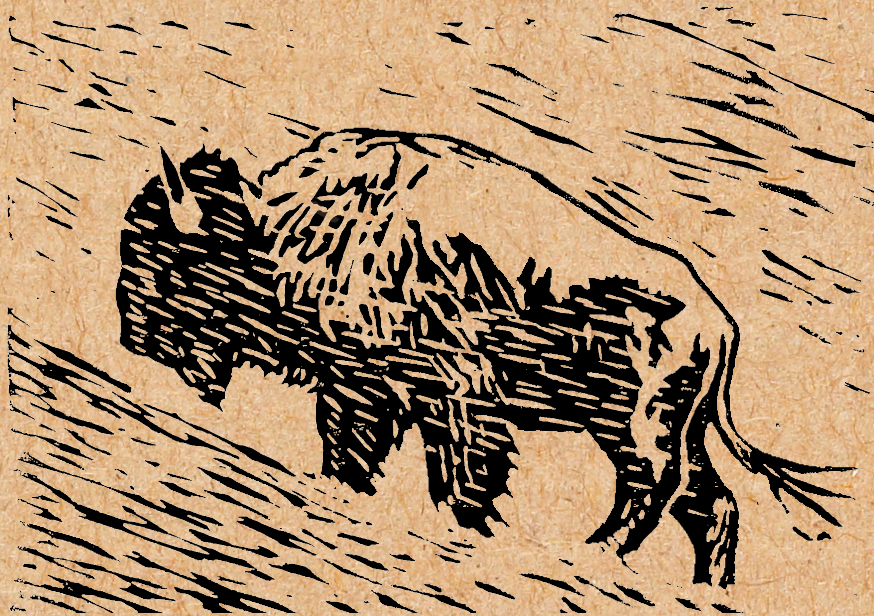
*We are all faced with challenges day after day, moment after moment, both personally and professionally, both small and large, from the small and annoying to the earth shattering, gut punch, slap you right in the face occurrences that rock us to our very core.*

*This symbolism of the majestic Bison heading directly into the storm is an interesting reminder of how we can confront life's obstacles.*

*Don't run. Don't avoid it. Don't hope it goes away. Take it head on.*

*Also, like the mighty Bison who is rarely seen alone, we function better with a "herd" of support around us. Whatever storm you are facing and wherever you find yourself in life, we are in this together. "*





*Don't run. Don't avoid it.  
Don't hope it goes away.  
Face it head on.*

**Body  
& Soul**

Revolutionising Suicide Prevention

Charity Number 1060062