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Humber Bridge to see broadcast of poems and positive mental health messages

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Hull's iconic Humber Bridge, opened in 1981, has sadly become a spot known for suicides. However, those who walk or cycle over the 1.4 mile bridge will now hear poems and positive messages as part of a suicide prevention programme.





The project called You Are Not Alone is being organised by Headstart Hull and has been created by 12-20-year olds in the city. The Humber Bridge Board are supportive of the plan.

The aim of the campaign is to break the stigma around mental health and show young people that they are not alone and there is help available.

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The poems were written by the young people behind the project. [Click here](#) to see a video including some of them being recited.

Headstart plan to install the soundscape throughout other parts of the city.

Suicide is the leading cause of death for men under the age of 45 and in 2017, [female suicide rates in England and the UK were at their highest in a decade](#).

[The Guardian reported last year](#) that suicide accounted for 14% of deaths for 10-19 year olds in England and Wales.

Gail Teasdale, of Headstart Hull, said the project was aiming to build "young people's emotional resilience and encourage them to talk about their problems before they develop into anything more serious.

"This You Are Not Alone campaign is all about challenging the stigma associated with mental health and suicide, influencing decisions and raising awareness.

"The HeadStarter volunteers want all of Hull's children and young people to know that they are not alone, that people care, that help is available, and that with time and support they can overcome their issues and experience good times again."

Benjamin Waudby, the Member of Youth Parliament for Kingston-upon-Hull, said: "Young people's mental health and wellbeing are neglected in society and it's time to fix that."

If you find yourself feeling emotionally distressed, a full list of helplines can be found [here](#). If you find yourself experiencing suicidal thoughts, it's vitally important to tell someone, a list of helplines is available [here](#).

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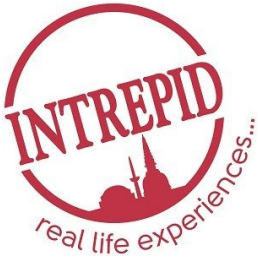


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