

Lauren's Ladies

A free group for students
experiencing suicidal thoughts.



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2016

YORK ST JOHN
**COMMUNITIES
CENTRE**

Est.
1841

**YORK
ST JOHN
UNIVERSITY**

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Lauren's Ladies is a free weekly group that provides a space for students who identify as female, and who may be experiencing suicidal thoughts or struggling with their mental health. It is a judgement-free, comfortable space, for people to receive peer-led and therapeutic support.

“ Lauren's Ladies' has been created to honour the memory of our beautiful, clever and kind friend Lauren. Lauren never failed to bring the sunshine on a rainy day, her smile and infectious laugh brought joy and happiness to all lucky enough to meet her. However, Lauren was battling demons that no one knew about and heartbreakingly chose to take her own life in August 2023, aged just 22.

Lauren was the 'cheerleader' friend, bringing encouragement and support to her friends. We want to embody that energy with Lauren's Ladies and show you that you are loved, we've got you, and you are not alone. **”**

- Kayleigh and Cheryl, two of the co-founders of Lauren's Ladies



Who is the group for?

Lauren's Ladies is open to all students in North Yorkshire, aged 18+, and who identify as female. It's for those who may be experiencing and struggling with depressive or suicidal thoughts, and who might want to speak to someone, make connections, and gain some support.

What do the sessions involve?

In the group you will have the opportunity to share your experience, and talk about your thoughts and feelings with others who may be going through something similar. The sessions are a non-judgemental space where everyone can talk, listen, and support each other. There will also be an experienced facilitator and two peer supporters, who will also be there to provide further support.

When and where are the groups?

The group will be held in our Centre premises at 32-34 Clarence Street, on the YSJ University campus. Groups will take place on the same day and time each week and will run for an hour and a half on the designated day. You can leave the group at any point.



How do I join a group?

If you, or someone you know would like to join, you can self-refer using our portal www.yorks.ac.uk/ysjcc, and one of the Centre team will be in touch.

Research

As part of the group, you will be asked to complete some clinical forms and a short survey when you finish, which will be anonymous and will help us to evaluate the effectiveness of the group.



“ My Lauren was incredibly strong and determined, intelligent, feisty and had a wicked sense of humour. Her empathy and emotional intelligence for others was a credit to her. All of those strong, amazing qualities sadly applied so much internalised pressure, what next? How will I do better? Will I do better? Can I do better? Her fear of the future and failure ran deep, in spite of the fact my girl had never failed at anything. Her ability to reach out to those in need was strong, but her ability to reach out for herself was, in her mind, a weakness. If we could climb into the mind of my Lauren and so many other female students alike, the correct help and support could be offered.

Women need to know their vulnerability when shared, is a strength. They need to know it's normal to worry, worry about the future. But what can't continue to happen, is women fearing their future so much, they become ill, mentally ill and deflated with life and their future. Death is finite, no more reruns. Not getting what you expect first time or having to change plans and asking for help, can be repeated over and over again until they are happy. Do not let my Lauren's passing be in vain, reach out, enjoy the moments of life as they are, work hard, try your best, but above all, be happy.

Lorraine, Lauren's mother.

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Supporting the Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our community language school, bereavement group and café's, student suicide support group, and drop-ins. As our income grows, so too does our team of co-ordinators, assessors, supervisors, counsellors, coaches, and group facilitators. Anything that you are able to donate can help support the work we do and the services that we offer to our community.



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