

NAI'S HOUSE

IMPACT REPORT

2025

Our vision is of a world where suicide is all but eradicated, where young people have access to the support they need, and communities actively engage in preventing self-harm and suicide.

HELLO AND WELCOME

As we share this year's impact report, I'm totally inspired by what we've achieved together. Every story and statistic reflects the courage of the young people we support, and the dedication of our team, volunteers, and community.

This year we celebrated our 6th birthday, a milestone that reminds us how far we've come. Nai's House has grown into a life-saving service, supporting hundreds of young people and their families.

Thanks to funding from the *DHSC Suicide Prevention Grant*, we have been able to expand and extend the reach for our pioneering *SAS* and *SPLASH* programmes that save lives and give young people essential tools for their future.

We were recipients of a *Globals Make Some Noise Grant*, as well as being the first charity to receive *The Room's Two Year Impact Grant*, both of which will help us to expand our support services and team.

This year we were delighted to have been invited to talk for an online discussion about supporting young people who experience suicidality hosted by *The NSPA*, at a webinar for Oxford Health professionals highlighting the services we offer and the impact we make. We also hosted a workshop about preventing youth suicide the Nai's House way at *The Marmalade Festival* in Oxford to a roomful of local and global candidates.

Demand for our services is higher than ever, driving us to expand our team and develop new programmes including bespoke training with Bullingdon Prison for their Here 2 Help Reps. With your continued belief in us, I know we will rise to this challenge.

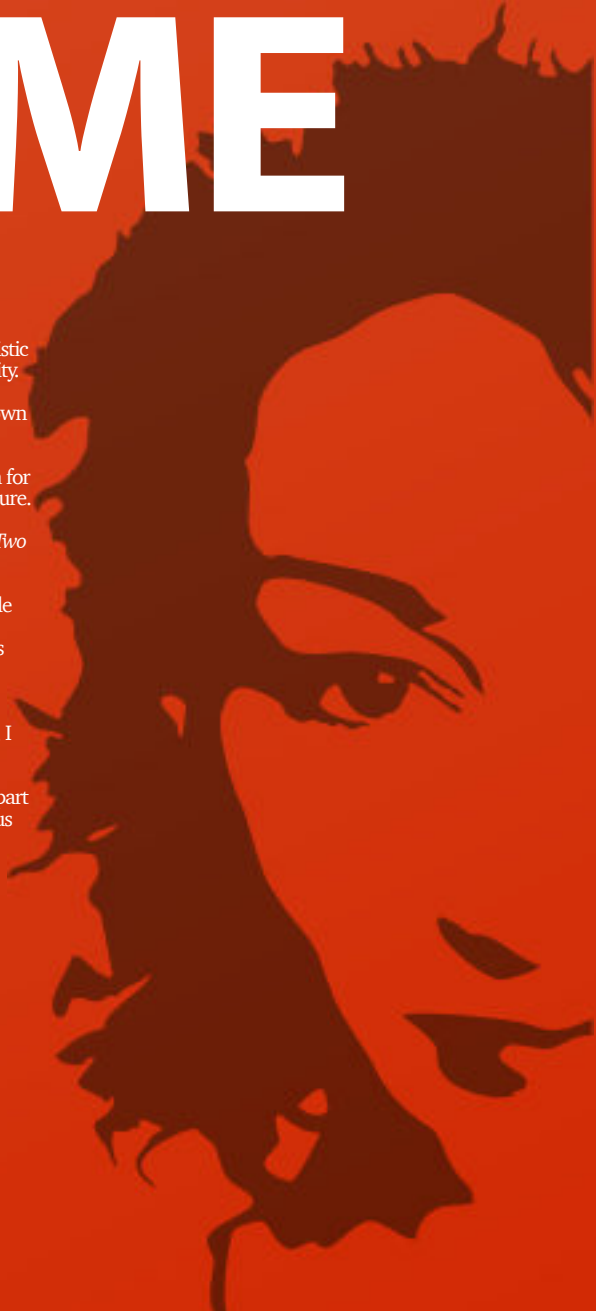
To everyone who has supported us, whether through volunteering, fundraising, donations, or simply by being part of our community – Thank you from the bottom of my heart. And to the young people and families who trust us with their journeys: you are the heartbeat of Nai's House.

Together, we are breaking down stigma, building hope and saving lives.

With warmest wishes ♥

Gem Barrett
Founder and CEO

NAI'SHOUSE



WHAT A YEAR

The last twelve months have been full on ...



SEPTEMBER 2024

We were invited to, and delivered, an awareness raising session to Oxford Health professionals

A supporting parent joined the Engineering Trust on their London - Brighton cycle ride to raise money for Nai's House



OCTOBER 2024

We were approached by Cams-Care Uk who wanted to build a working relationship with us as the only youth organisation in the UK using the Cams-Care model. This led to an introductory meeting with the founding Chairman of Cams-Care. We continue to work closely with Cams-Care Uk.



DECEMBER 2024

We joined the Christmas Tree celebrations at St Edburys where our guests hand painted a range of little houses that decorated our tree.



JANUARY 2025

We joined the NSPA online discussion group to talk about supporting young people experiencing suicidality and how to reduce the stigma.



MARCH 2025

We were invited to speak on St Mary's primary school's radio programme and choose a couple of songs and answered questions posed by their students.

Our funding application to Globals Make Some Noise was successful! As a result we are piloting the Late Night Lounge and extended hours.

As the Bicester Mayor's charity for the year, we attended his Gala event at the Littlebury Hotel for a fabulous fundraising evening.



APRIL 2025

We delivered a workshop on the Nai's House model and how we prevent youth suicide.



MAY 2025

Completion of our SAS and SPLASH U18's pilot project funded by the DHSC Suicide Prevention grant concluded with an evaluation by Oxford Research, with positive outcomes and results.



JUNE 2025

We were fortunate to be successful in our application to Bicester Village's Unlock Future Fund, giving us the opportunity to pilot our SPLASH 18+ programme.

The Room voted Nai's House as the winner of their impact grant, which will provide us with funding over 2 years.



JULY 2025

Our annual #BeNice Festival was held at the new site of Pingle Field where we were able to go bigger and better. A great day and we can't wait for next year!

WHY WE DO *What we do*

Nai's House was born out of personal experience and is delivered by passionate, trained humans who get it.

We understand that poor emotional and mental wellbeing can be brought about by a range of factors and combined with a developing brain it can be challenging to cope with all the feelings and thoughts that arise out of life experiences. We know how those thoughts and feelings can play out and how important it is for young people to have someone to speak with who can offer them information and strategies to be able to regulate and manage their emotional and mental wellbeing, as well as the challenges that life presents.

Our support is an easy to access, holistic mental and emotional wellbeing service with a focus on suicide prevention. We provide a safe and confidential space for our guests to receive tailored 1:1 support, participate in support groups or activities and attend life enhancing workshops in a nonclinical, non judgemental environment

Our mission is to empower young people to positively manage their feelings and emotions and improve their wellbeing by ensuring they feel heard, valued, understood and have the knowledge, insights, life skills and strategies for life.

We want to enable and encourage the community to speak openly and directly about suicide and be equipped and confident to raise awareness of, and prevent, suicide.

What we do & WHY WE DO IT

We run a series of programmes, workshops and support groups aimed at providing our guests with the tools and opportunities to talk and share their personal situations.

We believe our methodologies have a direct impact that produce improved levels of self-belief and confidence. By listening and engaging in dialogue – whilst not passing judgement – our guests respond positively and learn to engage with others about the experiences shaping their life journeys.

We offer 1:1 interactions – the solution most suited to guests who are struggling and needing immediate support.

We facilitate workshops and support groups to offer our guests the opportunity to connect with others and members of our team, reduce isolation and develop new friendships.

Our SAS and SPLASH programmes have been created specifically to address suicidality and self harm. They include both 1:1 and group interactions over 8 weeks. These programmes have proved to be highly effective at reducing suicide and self harm action and increasing understanding of self and ability to manage challenging thoughts and urges.

ALL THE TOOLS WE DEPLOY ...

1:1 APPOINTMENTS	Guest Supporters, Counselling, Complementary Therapies, Suicide Intervention, Music in partnership with Community Albums
PROGRAMMES	SPLASH +18, SAS, Daily Grind, Bereavement by Suicide,
WORKSHOPS	SPLASH -18's, Youth Bereavement, Music in partnership with Community Albums
SUPPORT GROUPS	SAS, SPLASH, Youth Bereavement, Parents and Caregivers
SOCIAL GROUPS	Autism -18's, Autism +18's, Girls, Seasonal Crafts
TRAINING	SafeTALK, ASIST, Bespoke
NEW FOR 2025	ADHD Group with Anna Berry, EFT with Maxine Croft, ALLIES Project, SPLASH +18, Late Night Lounge in partnership with The Beacon

SPOTLIGHT ON: SPLASH

SUICIDE PREVENTION: LIFE & SELF HARM (SPLASH) is an 8-week programme helping educate guests on ways to manage their suicidality and self harm, exploring purpose and hope, and creating connections with others who understand.

“I really enjoyed it and I think it would be extremely beneficial to people who struggle, especially if they want a safe environment where they can feel comfortable and safe and feel less alone. It’s helped me to feel more comfortable being myself.”

4 workshops delivered since September 2024
Participants rated the workshop: 8.5/10
Participants rated facilitators: 9/10

Participants experienced:

Improved mood
following a session



Reduction of self
harm action



“Going to this workshop improved my mood and helped me to think in different and more positive ways. The environment was also really welcoming and friendly, it gave me a place where I could be myself.”

U18 SPLASH Case Study

ZL joined the SPLASH 2025 summer cohort. Initially, she found the workshops overwhelming, particularly the group element, and struggled to engage in discussions. Between the first and second sessions, her mum informed facilitators that ZL had taken suicidal action. The SPLASH facilitators reminded her of the phone coaching support available to help manage urges and emotions.

Despite these challenges, ZL attended every week and gradually grew in confidence. She engaged more in group discussions, actively used her workbook for reflection, and completed skills practice. ZL was also able to share with the cohort how workshop material connected to her experiences of suicidality and self-harm, demonstrating how she could apply new skills to manage emotional dysregulation and urges more effectively.

“I’m going to miss not having this group. Thank you so much for it, it’s honestly been the best mental health support I’ve ever received.”

SPOTLIGHT ON: SAS

The SUICIDE ACTION SURVIVORS (SAS) programme is an 8-week programme for those who have experienced varying levels of suicide action, exploring thoughts and feelings and providing tailored ways for individuals to manage, while cultivating hope and a sense of purpose.

“The workshop was definitely helpful. I think the workbook is really helpful because it has everything written down. Going through examples was good. I think I still need to practice using the skills. I can notice sometimes when I’m using cognitive distortions.”

4 workshops delivered since September 2024

Participants rated the workshop: 8.5/10

Participants rated facilitators: 9/10

“I have had to deal with lots of intense life events in the past few months whilst attending and I don’t think I would be able to have coped with it without SAS”

Participants experienced:

Reduction of
suicide action



Reduction of
suicide ideation



Reduction of self
harm action



Improved mood
following a session



“It was very helpful whilst being fun and enjoyable. The group I had were all lovely and accepting of each other and it didn’t feel like we were being judged at any point. The facilitators were all awesome but also they were really good at reading the room and diverting conversations that might have been triggering for others in the group.”

SPOTLIGHT ON: SAS

SAS Case Studies

X, SAS guest, 19

X joined the cohort at Brookes after the Brookes support service identified him as someone who could benefit. Brookes and X shared with us that prior to attending SAS he was facing severe mental health challenges that were putting his life and degree at risk. After experiencing difficulties since boarding school and the death of his mother, he had no contact with external support services, refused medical interventions, and had taken suicide action 9 times. Despite achieving a 2:1 in his first year, his attendance had fallen below 30%, he had failed four assessments in his third year, and was at imminent risk of being withdrawn from university due to academic failure.

The student attended Nai's House's SAS programme which provides psychoeducation, coping skills, and a safe, understanding environment for those with a history of suicide action over 8 weeks of sessions and phone coaching.

Following the intervention, his attendance rose from below 30% to over 100%, and he successfully delivered two presentations, achieving 96% in both. He completed all examinations and assessments on time and began engaging proactively with study skills support, meeting regularly with a tutor to catch up on missed content.

The transformation extended beyond academics. He graduated with a 2:1 BSc (Hons), secured independent housing, and gained a graduate internship, where he was promoted to Senior Leader. After a full psychiatric assessment, he was diagnosed with complex trauma, ADHD, anxiety and depression, and began medication, noticing significant improvements in his mental health. Since completing SAS, he has reported few or no suicidal thoughts.

"I honestly can't thank Nai's House enough. Without them I would likely be dead or have graduated with nothing. For the first time I felt heard and understood, not rushed to change my ways but given the tools to work my way through difficult times. I can't thank them enough."

O, SAS guest, 19

At the beginning of the SAS workshop, O found it challenging to sit with her emotions, particularly when reflecting on her previous suicide action. She acknowledged that this was the first time she had been given the space and support to explore and process that experience, having not previously spoken or reflected on it in depth.

Despite initial discomfort, her engagement with the group increased steadily over the 8 weeks. She began to feel more comfortable in the group setting and actively participated in learning and applying the skills covered within the workshop. SAS provided her with a safe environment which allowed both her and her family to start processing the past and begin identifying tools that work for them to move forwards.

A key challenge for O was noticing her warning signs for when she was going into crisis however, by the end of the workshop she showed increased awareness of these signs in herself and was able to reach out for support after the workshop had ended.

Although sharing what she is going through is still a challenge, she has shown clear progress in opening up and seeking connection. Over the course of the workshop, she has shown she has begun to take meaningful steps towards connection and support. This has been evident through reaching out to Nai's House, opening conversations about the content covered within the SAS workshop with family members, and beginning to be more open with friends.

SPOTLIGHT ON: 18+ SPLASH

18+ SPLASH Pilot Stats & Case Study

Pilot cohort of 18+ SPLASH had 7 participants

Workshop rating: 7/10

Facilitator rating: 9/10

Percentage of participants who experienced a reduction in suicide ideation following 18+ SPLASH: 43%

Percentage of participants who experienced a reduction in suicide action following 18+ SPLASH: 100%

Percentage of participants who experienced a reduction in self harm action following 18+ SPLASH: 86%

100% of participants would recommend someone else attending

100% of participants achieved the goals they set out for the workshop

“The stuff I’ve learned helped me get out of a crisis before it blew up.”

K, 18+ SPLASH guest, 19

K had been taught different coping skills in individual sessions but he found the one-to-one format difficult to learn skills from and preferred to share about his week instead. K felt that a more structured space might help him learn better, and he also hoped to meet others who understood what he was going through. He carried a lot of shame around his experiences of suicidality and self harm and felt like he hadn’t met anyone who struggled in the same way.

During the SPLASH workshop, K gradually became more comfortable attending and taking part in the sessions. As the weeks went on, he felt more confident being open - both in group conversations and in the personal reflections he wrote in his workbook. He said it was a relief to realise he wasn’t alone in feeling this way, and that hearing from others helped reduce the shame he had been carrying.

After the workshop ended, K continued to use his SPLASH workbook during moments when he felt close to crisis. He also shared it with his mum, which allowed her to support him using the same tools and language he had learned.

Since completing SPLASH, K has become much more able to talk about his feelings and experiences around suicidality. He is now recognising his early warning signs sooner and using his skills proactively, which has reduced both how often he reaches crisis and how intense those moments feel.

“The workshop was helpful. My thinking process has changed in terms of situations and outcomes for the better.”

“I have learnt skills to help me with my impulsively emotional behaviour.”

DEALING WITH A GROWING DEMAND

Our Team

12 Supporters	●●●●●●●●●●●●
5 Holistic Practitioners	●●●●●
5 Trustees	●●●●●
3 Events & Fundraising Volunteers	●●●
3 Counsellors	●●●
2 Student Counsellors	●●
1 Suicide Prevention Project Manager	●
1 Suicide Prevention Project Assistant	●
1 Campaigns & Awareness Manager	●
1 Partner Outreach Officer	●
1 Team Coach	●
1 Social Media Volunteer	●

2023
16 Team Members
●●●●●●●●●●●●●●

2024
29 Team Members
●●●●●●●●●●●●●●●●●●●●●●●●●●●●

2025
36 Team Members
●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●

NB: Teams are made up of paid members and volunteers.
Supporters can work in multiple teams

Referrals received: **255**
1:1 sessions for the year: **1660**
Guests on waiting list: **357**

146 Report self harm

163 Report suicidal thoughts

82 Have taken action to end their life

To ensure that everyone who is referred to Nai's House can receive timely support those who are on our waiting list will receive a regular check in call from one of our team, and are able to access appropriate programmes, workshops, social groups, complementary treatments and adhoc appointments. We are always at the end of the phone, messaging apps and emails if you need to reach out.

THEY THINK WE'RE FAB.

We discovered Nai's House at a time when our family was in crisis. Our neurodivergent 13-year-old was out of school, self-harming, experiencing suicidal ideation and violent dissociative episodes.

We were on the CAMHS waiting list but help and support was not forthcoming. We felt very unsupported, scared, and did not know what to do to best help our son. From the very first phonecall I had with Nai's House, I knew this was a place that would understand what we were going through. My son was invited for an assessment straight away and from that assessment was immediately put on their suicide prevention programme.

We were at Nai's house three times a week for one-to-one sessions, music group and the SPLASH education programme. Whilst these activities were for my son, they also made a huge difference to me too. Staff were always friendly, we all felt accepted, understood, and comfortable there. I didn't have to explain what we were going through, they just knew.

The routine of going to such a supportive environment three times a week really helped us through. My son wanted to get up and out to go Nai's House. His supporter was just brilliant in the one-to-one sessions and built a great rapport with my son straight away. She recognized when more support was needed and increased the length of the weekly sessions, and also made time to give me space to talk one-to-one. She also supported us by liaising with other healthcare professionals supporting our son and providing written evidence of his challenges and needs when required. Nothing was too much trouble.

The music sessions with Community Albums gave my son purpose and something to look forward to – playing at the Nai's House Festival on a real stage has to be a highlight of his year. My son is now in a much better place, no longer self-harming or suicidal and has not had a dissociative episode for 6 months.

We are now focused on finding an educational setting that will meet his needs. This feels like a real step forward as six months ago it was literally a case of just trying to keep him alive.

One of the many wonderful things about Nai's House is that even though the immediate support of the suicide prevention programme is no longer needed, we still feel very much supported by them through the regular check-ins, family mediation, support groups and music group. It feels like family when we go there.

Nai's House was quite literally a lifesaver.

9th August 2025

I noticed a big difference in my child after having sessions with their supporter. I have never heard my child speak so positively about a practitioner before which shows how safe they felt and also how low demand their supporter's sessions were.

My child now has more strategies that they feel confident implementing and they really felt that they were taken seriously. I truly believe that the sessions have had a hugely positive impact on my child's wellbeing.

Parent of guest

Nai's house has proved to be a life saver, literally.

When I first attended my thoughts often turned to ending my life, the people who worked at Nai's House were listeners, they helped me understand why I felt as I did and I soon turned away from these negative thoughts and ideas.

I have continued to visit Nai's house on a regular basis and my one-to-one meetings allow me to freely express how I feel and encourage me to think about my future in a positive way.

I am allowed to lead the discussion in ways that I wish and my supporters guide me carefully and build my confidence and wellbeing. I now look forward to my sessions there. They have been much more beneficial to me than the support offered by the NHS via CAMHS and I cannot speak too highly of them.

Nai's House guest

Nai's House is such a special and unique place where everyone makes you feel so welcome.

The staff all have lived experience which enables them to help in ways that statutory services can't. The support that my daughter has from her supporter has literally been life saving and having someone she completely trusts is so important for her recovery.

Her supporter recognised that she has autism and, following her diagnosis, is helping her with the challenges she faces. The parent support group has given me somewhere that I can go to talk with other parents in a similar situation. Thank you will never be enough for all of the life saving work that the whole team do.

I cannot imagine where we would be now without Nai's House. We will be forever grateful for everything that they do for us.

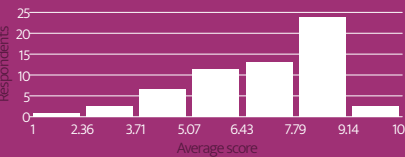
Parent of guest

OUR IMPACT

We surveyed 62 guests, and asked them 8 questions ...

Our opening question ...

On a scale of 1-10, how much has your mental and emotional wellbeing improved overall?



Youngest guest: **7 years**
Oldest guest: **62 years**
Current guests supported: **100**

Crisis intervention preventing A&E Attendance:	44
Adhoc appointments undertaken:	86
Average adhoc appointment time:	90mins
Guests happy with session outcome:	100%
Most likely session outcome:	Safety or Action plan
Most likely reason for appointment:	Trauma, Suicidality, Anxiety, Neurodiverse

Feedback from guests after 1:1 session	
How did you feel when you arrived:	6/10
How heard, understood and respected did you feel?	9.6/10
Were you able to work on or talk about what you wanted to?	9.4/10
Did the session cover all you wanted it to?	9.3/10
How did you feel after the session?	8/10
Overall how happy are you with the support from NH?	9.7/10
How likely are you to recommend NH?	9.5/10

Since receiving our support, we asked our guests ...

Have your self harm thoughts / actions ...



Have your suicidal thoughts, urges or actions ...



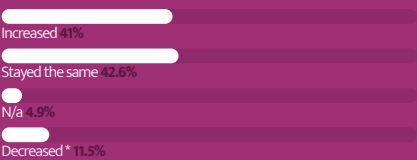
Has your ability to manage your day-to-day mental and emotional issues ...



* These options usually indicate that the guest is working on traumatic experiences with their supporter.

We also asked ...

Has your attendance/engagement with education, employment or training ...



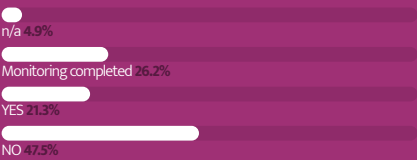
Have personal relationships (family and friends) ...



Has your sense of self (esteem / confidence / identity) ...



Are you being monitored for suicidality?



CASE STUDIES

P, SAS guest

P came to SAS after experiencing challenges during their transition to university. They struggled with an adjustment disorder and had taken previous suicide action. They came to SAS to get support to manage the changes and challenges that come with life, as well as process their previous suicide action.

From the outset of the workshop, *P* began to show visible signs of increased confidence. They actively engaged with all of the tools provided and asked insightful questions to help further their understanding to their personal situations.

Throughout the duration of the workshop, *P* experienced several significant life events. They were able to manage their self harm and suicidal thoughts well throughout the workshop, sharing that the tools provided in the workshop were key to their confidence in managing challenging situations.

Since completing the workshop, *P* has continued to engage with the SAS support group. They are doing well and utilising the skills they acquired during the workshop.

R, Over 18s Autism support group

R began attending the Over 18's autism support group in January 2025. When C first attended the group, she found it very difficult to verbally communicate with other members of the group and would often be a spectator in the group rather than engaging in the conversation and she felt very isolated.

In the time that *R* has attended the group she gradually became more confident within the group and is now one of the main contributors to the group discussions. She has also created connections within the group, who have similar interests to *R*, and they will talk and meet outside of the group. *R* has also been able to develop the way she expresses her needs, especially in an employment setting.

The over 18s autism support group has helped with this development as *R* has been able to hear others' experiences, and she has been able to apply the lessons from these experiences into her own journey.

Q, -18s Autism support group

Q was extremely anxious upon entering the group setting so we gave her time to adjust and to get to know the staff by sitting in a separate room with the reassurance there was no demand on her entering if she wasn't comfortable to do so. The following month Q attended the group and it was arranged for her to be the first one to arrive so the anxiety of entering with others present was eased, Q stayed for the full group and engaged happily throughout.

A few group members struggled with having friends or being a part of a friend group and felt isolated but since attending the support group a friend group has formed where they now go out with each other and spend time together outside of the support group. Message from parent - "Q was really positive about the group. She said everyone was lovely and she felt safe and included from the start. It's the first time I've heard her speak positively about a social group experience with new people in years, so thanks for making her feel so welcome."

U, Long term guest

I have worked with U for around three years, initially supporting them with extreme anxiety that affected school attendance, socialising, and leaving home without a trusted adult.

Our first sessions took place in their school as they felt unable to visit Nai's House. We set goals together, including attending sessions at Nai's House, which they achieved after several months through psychoeducation, coping strategies, and gradual challenging of their anxiety.

In their final school year, *U* began exploring possible neurodivergence. I supported them through the Right to Choose assessment process, helping with screening forms and post-diagnosis adjustment. They were diagnosed with autism and later ADHD. I also assisted with their PIP application by helping them through the various paperwork and attending their assessment with them as they can find situations like this extremely difficult.

Through attending our craft group, *U* formed a supportive friendship, helping each other challenge anxiety by taking day trips to Oxford, London, and Birmingham. *U* has volunteered at several events, including Oxford Pride and our #BeNice festival, providing glitter tattoos to attendees.

After leaving school, *U* successfully completed an online art college course and has been accepted onto a hybrid history diploma at Oxford University, starting in September.

Y, Yr 8–Yr11 Girls Group

Y started attending the girls group earlier this year. Y is home schooled and despite doing a range of extracurricular activities, she struggled to socialise with peers her age.

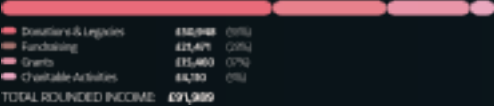
Y struggled attending the girls group initially due to feeling unable to interact with the others attending the group.

Despite this struggle, *Y* attended every session and with each session she gained more confidence and now takes a bit of a leadership role within the group when it comes to starting conversations and when there are new people attending the group.

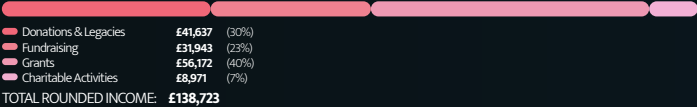
FINANCES

INCOME

2024

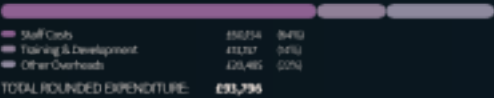


2025

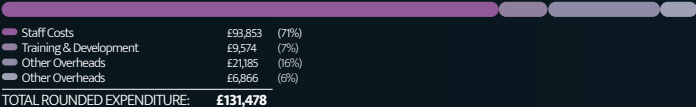


EXPENDITURE

2024



2025



Thank you to all our sponsors, partners and individual givers for their support in helping us to transform and save lives. Together we make a difference.

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In memory of Sina Nafissi,
donation received with gratitude
from The Litmore Foundation.

A special thank you to Steve K, Multiflow Print,
Garth Park Kitchen, Marion Barnaby, Jeff Lipman
and David Burk, Neil Woolerton, Pippa Samms,
Andrew Hulbert, Doune Wake and Tracey Finlay.

COSTS

Cost per 1:1 session: £25
Cost per counselling session: £25

PROGRAMME COSTS PER CYCLE

SAS: £4628
SPLASH +18: £4100
Daily Grind: £3186
Bereavement by suicide: £3186

WORKSHOPS

SPLASH -18: £3567
Youth Bereavement: £3186
Music with Community Albums: £3160

GROUP COSTS

Social (Autism, Girls): £150pm
Support (SAS, SPLASH, Bereavement): £275pm



HEAR THEIR VOICE

Sometimes all we need is to be heard.


Reach out, We'll be there.


NAI'SHOUSE

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