Debbie Rogers
Founder & CEO of Sean's Place

One To Watch Winner
NPWAwards 2022

Sean's Place
In This Together

NORTHERN POWER WOMEN
PODCAST

WE Are More
SEASON

HOW TO SUPPORT THOSE AROUND US AND RECOGNISE WHEN THEY NEED IT

Sean's Place

Multi-award winner Debbie Rogers founded Sean's Place after the tragic death of her brother Sean.

"Sean was my brother and he had anxiety and depression, things that a lot of us live with but have healthy happy lives. But for Sean and for many men out there, there was a huge gap in his support and sadly took his life three years ago. About six weeks after Sean passed away, I was getting messages from loads of other people saying 'my uncle was exactly the same' or 'this was happening to my brother too and if he'd had somewhere to go that this would never have happened' etc. I knew that we weren't alone in this and that there was still this huge gap. I didn't want anybody else to feel they had no option but to end their life. I began to build Sean's Place. And here we are today, three years later. "

How we can support Debbie & Sean's Place

"It's making sure that people can have free and immediate access to support, it's reducing waiting times for people. It's massively reducing anxiety and depression. We don't want to keep this to ourselves like a hidden secret, we want to seek assurance out nationally now. We're having those conversations with some amazing people around the country, where we're looking at creating the model assurance place across the country, so that men have a place where they can go and get support at the time when they need to."

How many men does Sean's Place support across Merseyside?

"At the moment around 150 a week come through our doors. We support the families too. For every man who comes through the door, we've got about four members of the family who come to our family support group. When we first started, we had a few people come in each week, but I think people are starting to trust now that these places do work, and that it's ok to come to places like this, and they can help. It's massively prevented people from being put on endless waiting lists or turning to medication because the support is there when they actually need it. "

Advice for anyone or for someone who knows anyone who may be struggling:

- Look at a suicide prevention course- "I wish I knew then what I know now, I feel like I know so much that would have saved my brother had I have had that education earlier on in my life."
- Download free apps- "There's also free apps like the Hub of Hope App, which is run by a local guy called Jake Mills. If you type in your postcode or the person's postcode that you're supporting, the mental health services within that community will be listed."
- Don't take no for an answer - "Shout as loud as you can, your loved ones know you more than the professionals so you'll know when something isn't right. Make sure that you carry on banging against that door because someone will open it eventually and you'll find the help that they need.