



Including people with personal experience in suicide prevention

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Taking care of ourselves and each other

- ♡ Suicide is a difficult subject, and we're thinking and talking about it all day – please be aware of your own wellbeing.
- ♡ Take a break whenever you need to. There are Samaritans volunteers in with us – they are more than happy to talk with you during or after the session.
- ♡ Please be thoughtful about your language and how it might affect others, e.g. 'died by suicide' rather than 'committed suicide'.

Outline of the workshop

- ♡ Overview of the NSPA's work in the last year
- ♡ Plans for a national network of people with lived experience
- ♡ Opportunities and barriers to people with lived experience getting involved locally
- ♡ Q&A

So.....

**What is happening at
the moment?**



Australia: Roses in the Ocean



- ♡ Started with a speakers' bureau
- ♡ Developed a nationwide network
- ♡ Help PCNs (like NHS Trusts) recruit, train and support people for advisory groups
- ♡ Provide training
- ♡ Ensure on-going support and mentoring

NSPA approach

- ♡ Inspired by Bronwen, but...
- ♡ Lots of questions:
 - What is possible in the UK?
 - Who should lead it and how?
 - Is it really needed and wanted?
 - Would we use the same definition?
- ♡ Set up an advisory group of our members with lived experience

Lived experience workshops

- ♡ Worked with Institute of Public Care and our members
- ♡ 4 events and over 60 people
- ♡ Findings:
 - Real desire for a network specific to suicide prevention
 - Appropriate training and support vital
 - A range of options of involvement needed
 - ‘Professionals’ are important to bear in mind, but it’s different
 - Challenges and benefits of bringing people with different experiences together
 - Importance of this not being tokenistic
 - NSPA the right organisation to lead, with lived experience involvement



First phase

- ♡ Raise awareness of the need for this work
- ♡ Find funding
- ♡ Work with partners to develop effective training and support
- ♡ Identify, recruit and train a first cohort, ready to work at a national level
- ♡ Work with NHS England and STPs to explore funding for local advisory group development

Small group discussions

- ♡ What do you think we should be mindful of when working with people with lived experience?
- ♡ What barriers might there be to people getting involved? (both from the individual and organisational side)
- ♡ What opportunities can you see locally?



Any questions?



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Get in touch: info@nspa.org.uk

If you have thoughts on how we can take this forward – please email us by end of Feb please



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