**Please complete the following application form and submit, with your CV if you have one, and the diversity monitoring form and email to:** [livedexperience@nspa.org.uk](mailto:livedexperience@nspa.org.uk)

|  |  |
| --- | --- |
| **Name:** |  |
| **What gender pronoun do you use?** | e.g:  She/ her  He/ him  They/ their |
| **Email address:** |  |
| **Telephone Number:** |  |
| **Postal Address including postcode** (please note this opportunity is only open to residents of ENGLAND): |  |
| **How did you find out about the role?** |  |

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| 1. What has drawn you to making this application? Please tell us a bit about why you are interested in becoming a Lived Experience Influencer (up to 500 words) |
|  |
| 1. Please tell us about the skills and experiences that you could bring to the Lived Experience Influencer role (you may find the Role Overview helpful when answering this)(up to 500 words) |
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In order to create a balanced group, we need to ask about your lived experience of suicide. By ‘lived experience’ we mean people who have experienced suicidal thoughts, people who have attempted suicide, people living with or in relationships with those who have suicidal thoughts, and those bereaved by suicide. We know there are many ways people can be affected, and that some people will sadly have been bereaved more than once, but please give us a sense of your experience.

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|  | **Made a suicide attempt** | **Living with suicidal thoughts** | **Living with or support someone with suicidal thoughts** | **Bereaved by suicide** |
| **On-going** |  |  |  |  |
| **Within the last 6 months** |  |  |  |  |
| **6-12 months ago** |  |  |  |  |
| **1-3 years ago** |  |  |  |  |
| **3-5 years ago** |  |  |  |  |
| **5-10 years ago** |  |  |  |  |
| **10+ years ago** |  |  |  |  |
| **Other comments** |  | | | |

1. We recognise that lived experience is just one aspect of your life, and we know you will have a range of other skills and expertise that you can bring to the role of Influencer. Please tick any of the below that are relevant to you, and do add others at the bottom that you consider relevant. These are not essential for the role, but we are keen to understand the breadth of experience you are bringing.

|  |  |
| --- | --- |
| Working at a strategic level (professionally, or in another role such as a volunteer) |  |
| Influencing senior stakeholders (such as directors, politicians, senior volunteers, trustees) |  |
| Leadership |  |
| Project Management |  |
| Local or national government experience |  |
| Helping people understand your perspective |  |
| Impactful story telling |  |
| Public speaking |  |
| Developing policy |  |
| Report writing |  |
| Reviewing |  |
| Facilitating |  |
| Empathy |  |
| Effective listener |  |
| Suicide prevention, mental health or similar professional skills or experience |  |
| Administration |  |
| Any other skills or expertise you have: |  |
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| 1. You can use the space below to tell us about any other experience or skills that you think might be relevant to this role. Bullet points are fine. If you would prefer to share your CV with us, please feel free to attach this with your application. |
|  |

**Places to find support**

If you need support at any time, now or in the future, you can find services that are local to you on the following website:  <https://hubofhope.co.uk/>

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

Samaritans also provides confidential emotional support 24/7 to anyone in distress, including anyone that is experiencing suicidal thoughts. Below are their contact details in case you feel you would like to contact them:

Helpline – 116 123  
Email – [jo@samaritans.org](mailto:jo@samaritans.org)