

How to involve people with lived experience to shape policies around health inequality

Suicide Prevention Consortium

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SAMARITANS

Suicide Prevention Consortium: Overview

- Suicide Prevention Consortium: led by Samaritans and including National Suicide Prevention Alliance (NSPA), Support After Suicide Partnership (SASP), With You (a charity providing addiction support services).
- Part of the VCSE Health & Wellbeing Alliance for 2021-24
- Our Aim: suicide prevention is prioritised as an inequalities issue.



Today we will talk about..

- Shilla Patel, NSPA Lived Experience Influencer, will share insights and thoughts on the importance and benefits of lived experience to shape policies around health inequality
- Discussion groups on the benefits and good practice of involving people with lived experience (10 mins)
- Panel discussion on the benefits and learnings from involving people with lived experience in our work. (10mins)
- Given the subject matter of this presentation please do feel free to take a break if you need. There are also Mental Health First Aiders in room [....]



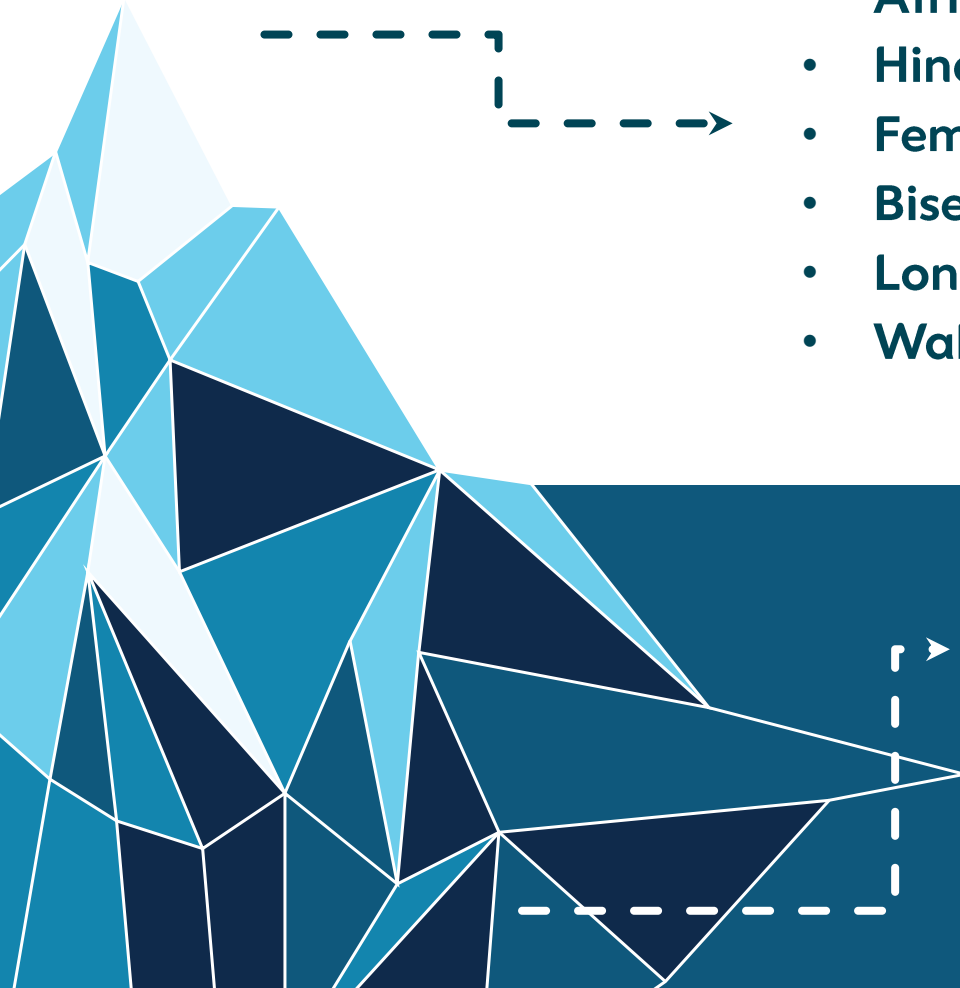
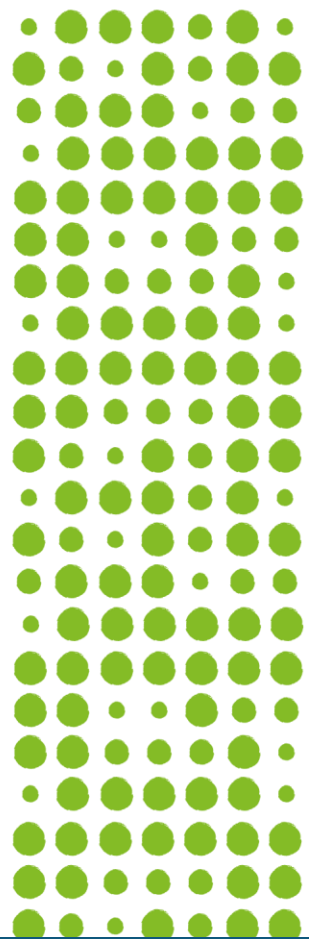
A Little Bit About Me ... Shilla

Known - open to others

- BME, Asian, Indian, African, Kenyan
- Hindu
- Female
- Bisexual
- London
- Walsall

Hidden

- Anxiety
- Depression
- PTSD
- NSPA lived experience influencer
- Suicide ideation
- Counselling



Lived Experience

Expert Because Of My Own Experiences (EBOMOE)

Personal knowledge about the world

gained through direct, first-hand involvement

Lived experience (LE)

in everyday events

rather than being constructed by other people

Definitions / Terminology

Suicidal thoughts or behaviours

Attempted suicide

Supported a friend, family member, or colleague through a suicidal crisis

Lost a loved one to suicide

Experts by experience (EbE)

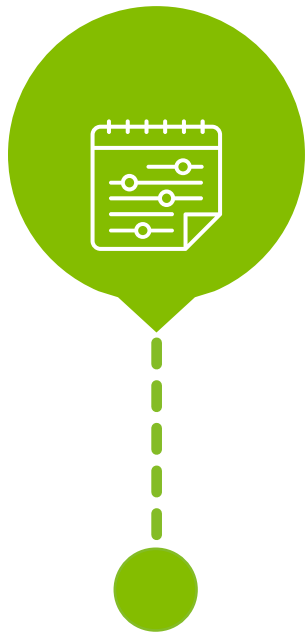
Experts by Education (EbE)

My life, my story / journey, I own it

Unique way we feel those experiences

Our voices, our experiences, our input

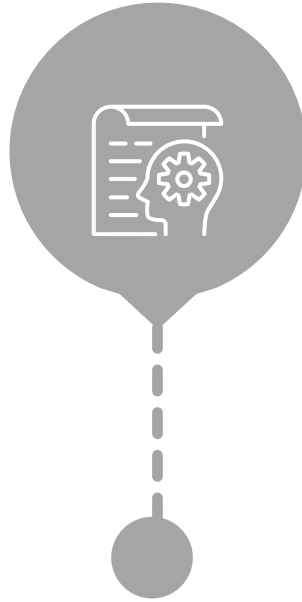
My Journey



Life trauma /
transitions



Counselling /
London Fire
Brigade



NSPA Lived
Experience
Influencer

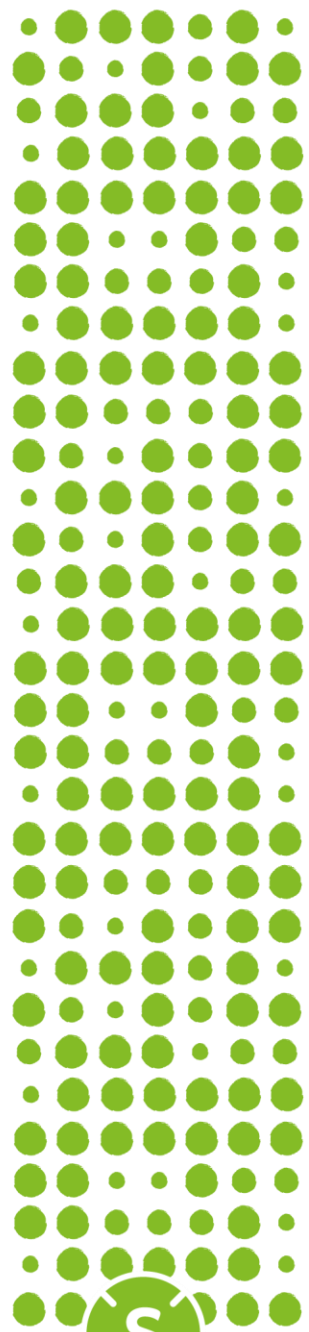
Diversity and inclusion/
Samaritans /
STORM Training / Focus
groups/ Events



AVA
(Against Violence
and Abuse)



Masters in
Counselling
and
Psychotherapy
(UEL)



Benefits and Considerations

Empowering /
harness voices

Validates
experience - make
a difference

Inspire others to
share / engage

Develop confidence
/ skills / learn from
others / work in
teams

Sense of purpose /
ownership

One size does not
fit all – identifies
gaps /
discrimination



Benefits

Consider

Leads to effective, real change

Diversity and
inclusion

Support (emotional
/ financial /
development /
induction)

Roles and
responsibilities –
meaningful / makes
a difference

Means of
engagement

Policies / strategies
/ terms of reference

Evaluation and
monitoring



Discussion Groups

- Each table has been assigned a way of involving people with lived experience in policy development.
- Through an example we would like you to explore the benefits of using this way of involving people with lived experience of suicide for both developing policy around health inequalities and for people with lived experience. Please do also share best practice with one another.
- 10 minutes for group discussions
- At the end of the discussion we would like at least 2 post-it's with your table's reflections.



Discussion Groups

You have an upcoming project on alcohol use and suicide prevention where you are looking to identify policy recommendations to improve suicide prevention support for people who use alcohol.

During the scoping phase for this project, you identified that you would like to involve people with lived experience of suicidal thoughts and/or behaviours who drink alcohol and those bereaved by suicide where their loved ones drank alcohol.

You have identified channels to recruit people as well as established safe recruitment pathways and relevant wellbeing support for people with lived experience of suicide to be involved.



Panel Discussion

How have we involved people with lived experience in our work:

- Project co-leads: NSPA lived experience influencers are members of the consortium
- Surveys: Online survey on alcohol, suicide and self-harm
- Focus groups: Suicide prevention plan consultation
- Lived experience advisory groups: Economic disadvantage and suicide scoping work
- Interviews: LGBTQ+ communities experiences of alcohol use, suicide and self-harm.

For reference: [The Suicide Prevention Consortium's insights from experience: alcohol and suicide report](#)



Thank you for joining us!

The NSPA will share the slides and a note with a write up of the table post-its and some of the panel reflections on their website.

Any questions?

Any comments on our work?

Any thoughts for future work?

Contact:

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Q&A

A new suicide
prevention plan
Conference 2023
#NSPAConf



National
Suicide Prevention
Alliance