



SUPPORTING THE ENGAGEMENT OF PEOPLE WITH LIVED EXPERIENCE OF SUICIDE

HOW TO:

provide ongoing capacity building for people with lived experience of suicide

Lived experiences of suicide come in all shapes and sizes. They are all deserving of the gift of time to truly explore and understand their power to inform, influence, enhance and drive better outcomes for individuals and suicide prevention reform more broadly.

Some may simply wish to be able to share their story in a meaningful way. Other might want to develop a level of sophistication and expertise to their lived experience which will enable them to draw on their insights and wisdom in service design, research, policy and system reform. There is always opportunity to build the capacity of the person to share their lived experience safely and with impact and purpose.

Whether you're engaging people with lived experience for a one-off initiative or on a longer-term basis, providing the opportunity to build their capacity as a lived experience representative will not only create enormous sense of empowerment but also bring a greater depth and richness to their contributions.

Capacity building opportunities include but are not limited to:

TRAINING

Participation in lived experience of suicide training designed and delivered by people with a lived experience of suicide focusing on:

- Purposeful storytelling - exploring and understanding my lived experience to safely share with impact.
- General awareness of suicide, safe language and the suicide prevention landscape.
- Suicide intervention skills.
- Collaborating to create systems change.
- Using lived experience of suicide in the media.
- Bringing a critical lens to reviewing and generating communications and content language and imagery.
- Working in a lived experience advisory group/working group focused on suicide prevention.
- Lived experience of suicide advisory group co-chair skills development.

ONBOARDING

Onboarding to specific work / volunteer environment:

- Role of lived experience of suicide in the specific environment.
- Specific language, common acronyms used, etc.
- Overview of existing Suicide Prevention Strategy.
- Expectations, opportunities, high level project outcomes (if already determined).

PLUS

Other opportunities for development:

- Local, national and international conferences and Lived Experience of Suicide Summits.
- External Lived Experience of Suicide Mentor.
- Ongoing opportunities to extend skills in new areas such as research, evaluation, co-chairing meetings etc.