

Lived Experience of Suicide

Creating *Hope* Through *Action*



BACKGROUND

Lived Experience of suicide organisations and movements vary in their development and maturity around the world. As more people are encouraged to share their insights, we can see innovation and transformation in the ways we approach saving lives.

Including distinct voices and expertise of people with lived experience in suicide prevention activities and system reform has been formally recognized by the World Health Organisation (WHO) and International Association of Suicide Prevention (IASP) as critical, along with many countries around the world.

By integrating lived experience into the fabric of an organisation it creates opportunity to deeply understand its purpose, role and responsibilities to deliver services that truly meet the needs of the people it serves. By understanding where an organisation's work intersects with external stakeholders (other organisations, service users and the broader community) people with lived experience can identify and highlight possible improvements. This helps to ensure that all activities and outputs are sensitive to their potential impact on people and that they are not exacerbating underlying factors to suicidal distress. Integrating and partnering with people with lived experience and empowering them to take a lead role in national suicide prevention strategy and system reform is key to reducing suicide rates.

However, there are significant political, cultural and legal barriers in many countries in the world that need to be overcome before people with a lived experience can bring their lived expertise to suicide prevention. We must all work together to navigate through these challenges. Ironically, it is those with a lived experience who hold the greatest ability to break through the stigma and discrimination that silences their voices.

ENGAGEMENT PRINCIPLES

- * TRUST & SAFETY
- * RESPECT & COMPASSION
- * COLLABORATION & POWER-SHARING
- * TRANSPARENCY & ACCOUNTABILITY
- * DIVERSITY & INCLUSION

YOU CAN *be the light*

LIVED EXPERIENCE OF SUICIDE IS DEFINED AS

having experienced suicidal thoughts, made a suicide attempt, cared for a loved one through suicidal crisis or been bereaved through suicide.

People with a lived experience of suicide bring unique insights, wisdom and perspectives, critical to informing and shaping the development of best practice approaches to suicide prevention.

Integrating and partnering with people with lived experience of suicide will lead us to genuine system reform and save lives.



Written in collaboration with the IASP
Lived Experience Special Interest
Group and Roses in the Ocean.

www.iasp.info/wspd

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HOW CAN I GET INVOLVED AS A PERSON WITH LIVED EXPERIENCE?

- * Learn how to share your story safely and with purpose.
- * Decide where you would like to contribute your expertise — Research, community events, policy, service design, service delivery, events.
- * Seek out others with lived experience of suicide to broaden your perspectives.
- * Join the IASP Special Interest Group: Lived Experience

HOW CAN MY ORGANISATION INTEGRATE & PARTNER WITH PEOPLE WITH LIVED EXPERIENCE?

- * Commit to establish, embed, and sustain a lived experience informed culture.
- * Conduct an audit of your workplace's understanding of suicide and the lived experience of suicide.
- * Seek specialist training to raise the Lived-Experience-informed suicide literacy throughout your organisation.
- * Establish designated formal and informal lived experience roles.
- * Partner with specialists in co-designing with people with lived experience to ensure your services are meeting the needs of the people you serve.
- * Support people with lived experience to bring their insights to their roles.

RESOURCES:

- * [Lived Experience of Suicide Informed and Inclusive Culture Change suite of resources](#)
- * [Lived Experience of Suicide Language & Imagery Guide](#)
- * [Developing an Intervention for Suicide Prevention: A Rapid Review of Lived Experience Involvement](#)
- * [National Mental Health Commission: Consumer and Carer Engagement — a Practical Guide](#)
- * [Informing and Sustaining Participants with Lived Experience in the Suicide Prevention Workforce](#)



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STATISTICS

Suicide is a global challenge. Suicide ranks consistently among the top 20 causes of death globally across all age groups. It can effect every one of us.



10 September is World Suicide Prevention Day (#WSPD). 'Creating Hope Through Action' aims to inspire confidence in all of us; that our actions may provide hope for those that are struggling.



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