The Papageno Group: Creation of a Suicide Prevention Website



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The Papageno group was established with the aim of creating a unique website. We wanted to give people with lived experience their own unfiltered voice. We hope the group develops its own organization and implements its own ideas in the future.

A voice for people with lived experiences.

INTRODUCTION

People with lived experience have unique insights into what can help and support people with suicidal ideation in a crisis. With this in mind, we have asked a group of individuals with suicidal ideation to create a website. The Papageno group consists of 8 people (six women and two men) who all have had lived experiences. The group is aided by an it-developer and a psychologist.

RESULTS

The group had its first meeting in November 2021 and selected their own name: The Papageno group. During monthly meetings, the group discuss and decide what content the suicide preventive website should have and what it should look like. The website is planned to be finished in early 2023.

THE DARK BASEMENT

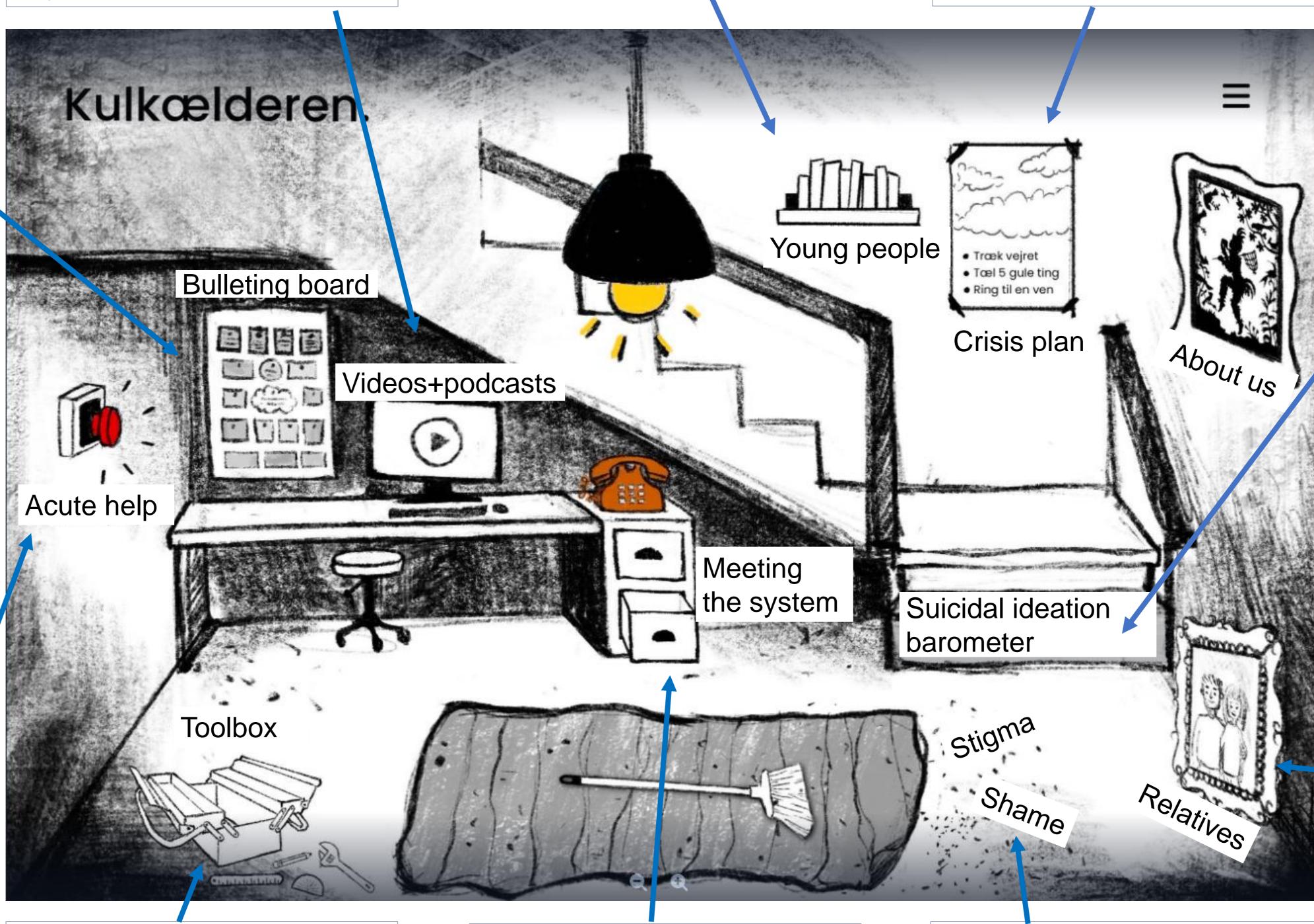
In Danish, the expression "To be in the dark basement" implies being in a depressed state of mind. It was important to the Papageno group that the website acknowledges how bad one can feel, and that it invites people to be curious and look around.

Podcasts with personal stories that can bring hope and videos that show and demystifies the inside of psychiatric hospitals.

Information on how young people can seek help.

A crisis plan one can print and examples of filled out crisis plans with information on how it can be used as a tool.

A bulleting board where people can post things that have helped them in a crisis.



A suicidal ideation barometer, that describes and gives examples of different kinds and forms of severity of suicidal ideation

1) Information on how one can use and involve one's relatives. 2) A site directed at relatives with information on how they can and talk with their loved one's and also take care of themselves

ACUTE HELP

- 1) Breathing and grounding exercises
- 2) Where to seek help
- 3) Crisis plan

A **tool box** with lists of coping strategies that can help when 1) one has little energy (e.g., mindfulness; hot bath) and when 2) there is a little more energy (e.g., do something creative; go for a walk)

Step-by-step information guide on what happens if one has suicidal thoughts and seek help from their GP or the psychiatric system.

Suicidal thoughts can be related to **stigma and shame** for the person and relatives. A caring site with statistics and suggestions on how to talk with people about the suicidal thoughts.