



Could your experience help to prevent suicides?



LOTTERY FUNDED

A new focus for suicide prevention: Harnessing personal experience

Friends, families, neighbours and colleagues are often in the best position to help prevent suicides



Most people who kill themselves are not in contact with mental health services. Yet the role of ordinary members of the community in suicide prevention is mostly left unrecognised and unsupported.

It has also been under-researched. There isn't enough of the right kind of knowledge to enable members of the public to spot danger signs and do something to help.

With this project we hope to develop new insights to help the whole community take part in preventing suicides.

The study has NHS ethics approval: REC reference number 10/H0704/17.

SANE Research Project

CALL FOR PARTICIPANTS

Have you (in the last 3 years)

- Lost someone close to you through suicide?
OR
- Attempted suicide yourself and can be interviewed with a close relative or friend who lived through the experience with you?

WHAT DOES TAKING PART INVOLVE?

A series of interviews, either face-to-face, by telephone or by email.

In the first interview a member of the research team would listen to your story with very few interruptions or questions. In later interviews you would be asked more specific questions informed by what you and the other participants have said. You would also have the opportunity to comment on all articles and other research outputs before they are finalised.

LEARN MORE OR TAKE PART

Contact Susanne, Sarah or Outi

- Telephone: 020 7422 5537
- Email: SuicidePreventionStudy@sane.org.uk
- Post: SANE Research Team, 1st Floor Cityside House,
40 Adler Street, London E1 1EE

Or visit our website: www.sane.org.uk/how_you_can_help/suicide_prevention



MEETING THE CHALLENGE OF MENTAL ILLNESS

SANE's Emotional Support Services provide help if you are struggling with suicidal thoughts, feelings or behaviours whether your own or another's.



SANEline

A national helpline staffed by fully trained and supervised volunteers. The service offers confidential emotional support and up-to-date information relating to mental health issues. Call 0845 767 8000. SANEline is open every day of the year from 6pm – 11pm.

SANEemail

Write to sanemail@sane.org.uk and our fully trained and supervised volunteers will respond within 3-5 working days with emotional support and information.

SANE Support Forum

A safe place for people to share thoughts, feelings, and find mutual support regarding mental health issues any time of the day or night. It is moderated by SANE's staff.

For more information on **SANE Services**: www.sane.org.uk/what_we_do/support

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SANE (limited by guarantee)
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