The Vision for suicide prevention in Cheshire and Merseyside is…

"A region where suicides are eliminated, where people do not consider suicide as a solution to the difficulties they face. A region that supports people at a time of personal crisis, that builds individual and community resilience for improved lives."

For more information on the self-harm and suicide prevention strategy for Cheshire and Merseyside please visit:

http://www.no-more.co.uk

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Have you been affected by self-harm or suicide?

JOIN OUR LIVED EXPERIENCE NETWORK

Be part of a pioneering project giving a voice to those affected by suicide and self-harm, and influence the design and delivery of prevention programmes!

For more information or to register your interest to join the Cheshire and Merseyside Lived Experience Network please contact

learning@wirralmind.org.uk.

Alternatively, you can call us on 0151 512 2200

mind for better mental health Wirral

CHESHIRE AND MERSEYSIDE LIVED EXPERIENCE NETWORK

Working to design and deliver self-harm and suicide prevention programmes across Cheshire and Merseyside.

NO MORE SUICIDE

Champs Public Health Collaborative

We invite you to join the Lived Experience Network (LEN) including:

- Those who have previously harmed themselves or who have experienced thoughts or ideas of harming themselves.
- Those who have previously attempted suicide or who have experienced suicidal thoughts or ideas.
- Those who have lost a loved one to suicide.
- Family and loved ones who support someone who experiences thoughts or ideas of suicide or self-harm.
- People from diverse cultural backgrounds.
- People from a variety of places, across Cheshire and Merseyside (Sefton, Knowsley, Liverpool, Wirral, St Helens, Widnes & Runcorn, Warrington, Cheshire East and Cheshire West & Chester).
- Anyone who has been affected by self-harm and suicide.

Aims of the LEN…

- People with lived experience are equal members of the NO MORE Board, task groups and local authority groups.
- People with lived experience work together with professionals to design and deliver self-harm & suicide prevention programmes across Cheshire and Merseyside.

Why should I get involved?

- To have your say in what services and activities are needed in your area around self-harm and suicide prevention.
- To meet like-minded people who may have had similar experiences.
- Training is available to improve your self-confidence, look after your mental health or develop skills to support someone else who might be struggling.
- To have your say in what else the LEN could do to support those who need it.

How can you help?

There are different ways you can get involved:

- Reading and commenting on proposed strategy documents
- Attending focus groups
- Attending the NO MORE board, task group, or local authority group meetings
- Taking part in specific workshops, to influence a particular piece of work.

How and when you get involved is up to you.