Lived Experience Network

Readiness document

Is your involvement in this project right for you, right now?

Thank you for your expression of interest in joining the Cheshire and Merseyside Lived Experience Network.

Before you make your decision, here are some questions to consider, either by yourself via self-reflection or with a trusted family member, loved one, or friend, or you may consider speaking to another source such as Samaritans; www.samaritans.org

1. Has there been enough healing time between now and your experience of suicide and/or self-harm?
2. What is your motivation for being involved in this work?
3. What impact has talking about suicide had on you, mentally and emotionally, in recent times?
4. What impact does it have upon you when you hear about others' lived experience of suicide and/or self-harm and how do you manage this?
5. Are there any particular times or dates when you feel more vulnerable?
6. Are you aware of any particular words, conversations, or triggers around suicide that affect you?
7. What self-care practices do you have in place to nurture yourself when you are feeling more vulnerable?
8. Do you feel ready for the next step in this process, and do you have any concerns?

When you have taken time out to consider these questions, either via self-reflection or with someone you trust, do you still feel that being part of our network and/or sharing your lived experience is right for you, right now?

We thought it might be helpful for us to share with you some of the signs that we think demonstrate you are truly ready.

Signs that you are ready:

- You are at a point in your life, emotionally and mentally, where being involved in this work won't set back your own healing.
- You are motivated to tell your own story and participate in our lived experience network for reasons other than solely for your own healing, though this may well be an outcome of sharing your own story or committing to supporting our project.
- You have talked it over with someone you trust who knows you well; a loved one, family member, or friend, and their reflections and support have helped you understand this is the right decision for you. You may consider speaking to another source such as Samaritans; www.samaritans.org

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- You understand your own triggers and have self-care strategies and practices in place to support you when you are feeling more vulnerable. You also know when you need to reach out for more support and you have a support network or someone in your life that you can turn to when needed.
- You are doing this for you! You are gentle with yourself as a result of the healing that has taken place so far.
- You have considered the emotional and mental impact of supporting this work and it feels right for you at this point in your life.
- You have considered how involved you want to be, and you have the capacity and time to dedicate to this without overwhelming yourself.
- You are prepared to hear different perspectives and experiences of suicide and you are happy to be part of a group of individuals who have a diverse range of backgrounds, experiences and viewpoints.
- You have considered the implications of involvement to yourself, your family and your friends.
- You feel ready to change the attitudes and opinions of others, and also understand you may also experience changes to your own views.
- You are at a point in your life where you have allowed adequate personal healing time and your involvement in this project feels like a positive and rewarding opportunity.

If you feel ready to be involved having considered all of these points, then we welcome you in joining the Lived Experience Network. Please complete both the Expression of Interest Form and an Equality and Diversity Monitoring Form you will find within the information pack, and return it to the email below or via details given in the forms. Additional information about the network and the types of work streams and activities you can get involved in will be sent out to you subsequently and we look forward to discussing these opportunities with you during a follow-up call.

If you don't feel quite ready or you are unsure, please let us know. This is an ongoing recruitment process and we will have other opportunities in the future, so we encourage you to take all the time you need. Please do feel free to come back to us at a time where your involvement feels right for you.

If you have any queries, please email the team at learning@wirralmind.org.uk alternatively, you can call us on 0151 512 2200.

Thank you for taking the time to consider your readiness and your interest in our work.

Original document provided by National Suicide Prevention Alliance
https://www.nspa.org.uk/

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