Lived Experience Network

Thank you for your interest in the Cheshire and Merseyside Lived Experience Network, for self-harm and suicide prevention.

The Lived Experience Network (LEN) is about giving people with lived experience of self-harm and/or suicide a voice. Whether you have had thoughts of suicide or have made attempts, or had thoughts of harming yourself, or if you have been bereaved by suicide, or have been affected in any other way your experiences are important.

The LEN aims to bring together a group of people across the region with a range of experiences to co-develop and co-deliver on the aims of the strategy – outlined below. There are different ways you can get involved including reading and commenting on proposed strategy documents, attending focus groups, attending the NO MORE board, task group, or local authority group meetings, or taking part in specific workshops influencing a particular piece of work. How and when you get involved is up to you.

The Cheshire and Merseyside NO MORE Suicide Strategy and Action Plan have been developed to work towards the prevention of self-harm and suicide across the region. The local strategy and action plan are based on the national strategy.

The vision of the NO MORE Suicide Strategy is that *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 and builds individual and community resilience for improved lives.*

This ambition will be arrived at by attaining four outcomes:

1) Suicide Safer Community
2) Suicide Safer Care
3) Support After Suicide
4) Integrated Suicide Prevention Network

You can find more information about the strategy at www.no-more.co.uk

With this covering letter we have included the following documents for your information:

- LEN poster
- LEN leaflet
- Expression of Interest Form
- Equality and Diversity Monitoring Form
- Readiness Document

This information comes as a pack to ensure you have as much information as possible to help you decide whether this is something you want to get involved in, whether it is the right time right now for you to get involved and also how you might like to get involved. If you would like any further information or would like to discuss any of this please do not hesitate to contact Wirral Mind at learning@wirralmind.org.uk or on 0151 512 2200.

mind for better mental health Wirral

NO MORE SUICIDE

Champs Public Health Collaborative