Do you feel prepared to get involved?

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.

Involvement as a Lived Experience Advisor with the World Suicide Prevention Day Campaign Group may include sharing parts of your personal experience of suicide and hearing about other peoples' experiences. You will always have choice about what you share and will be provided with learning opportunities and support in the role.

It is important to consider your own wellbeing when applying for Lived Experience Roles. Reflecting on the following questions can help you decide if now is the right time and this is right opportunity for you:

1. What is your motivation for being involved in this work?
2. Thinking about your experiences in relation to suicide, how do you feel you will be impacted talking about and sharing these?
3. How do you think hearing about other people's experiences will affect you?
4. How will you look after yourself and your wellbeing?
5. Are you aware of any conversations, or triggers around suicide that affect you? How would you manage these?

Before you apply, we thought it might be helpful for us to share with you some of the signs that we think indicate you are ready.

- You are motivated to draw on your own lived experiences and be part of the group to help others and contribute towards change.
- You have considered the emotional and mental impact of this work, and it feels right for you at this point in your life.
- You feel at a point in your life, emotionally and mentally, where being involved in this work is unlikely to impact your wellbeing long term; you feel able to take a step back if those change.
- 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 understand your own triggers and have things in place to support you when you are feeling more vulnerable; you also know when you need to reach out for more support.
- You have a support network or someone in your life that you can turn to when needed.
- You feel able to tell us if any part of the role is negatively affecting your wellbeing and take a step back if needed.
- 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 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 sharing parts of your lived experience related to suicide to yourself, your family and your friends. *[NB this role does not require you to share your experiences publicly]*
- You feel ready to influence change in the attitudes and opinions of others and also understand you may also experience changes to your own views and may come across challenges.

If, after taking some time to reflect, you feel that applying is right for you, then we welcome you to take the step.

If you don't feel quite ready or you are unsure, we encourage you to take the time you need and thank you for your careful consideration and your interest in our work. We welcome you to consider future opportunities and will always share current opportunities on our website.

If you have any questions or would like to discuss feeling prepared for the role in more detail, please email Sara Andersson, Communications Marketing Manager, at s.andersson@samaritans.org

Support is available if you need it. Get in touch with Samaritans day or night by calling 116 123. For help finding support in your local area, go to Hub of Hope: https://hubofhope.co.uk/