



Cheshire and Merseyside Lived Experience Network

For Suicide & Self-Harm Prevention

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

What is the vision for suicide prevention in Cheshire and Merseyside?

“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 suicide and self-harm prevention strategy for Cheshire and Merseyside please visit <http://www.no-more.co.uk>



We believe all suicides are preventable



Together we can make a difference

What are the aims of the Cheshire and Merseyside Lived Experience Network (LEN) for Suicide and Self-Harm prevention?

- People with lived experience are equal members of the Suicide Prevention Board, task groups and local authority groups.
- People with lived experience work together with professionals to design and deliver self-harm and 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 I help?

There are different ways you can get involved:

- Reading and commenting on proposed strategy documents
- Attending focus groups
- Attending the Suicide Prevention 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.



Who can join the LEN?

- 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.



How has the LEN helped so far?

Since launching in 2021, LEN members have provided their views on a variety of projects and initiatives.

Local authorities have asked members to regularly contribute to their local suicide prevention action planning meetings, where their voice can be heard to positively influence and support further work within their area.

An example of this is members' involvement in the creation of a local suicide prevention campaign. The organisation that worked with the LEN on this campaign said:

“LEN facilitated and gave us access to LEN members to help us co-create our suicide prevention campaign. This co-creation was invaluable, and we could not have done this without the network. Nothing was too much trouble to the network, and they went above and beyond in supporting our work. A massive thank you.”

As well as this, members played a key role in the development of Cheshire and Merseyside's Suicide Prevention Strategy for 2022 to 2027. Members were involved in a number of ways, including through surveys, workshops, producing powerful artwork and making valuable comments on the strategy document. Many members also chose to present at the launch event itself.

As well as the valuable contributions LEN members make to Cheshire and Merseyside's suicide prevention strategies, members have also contributed to national schemes and have inspired other regions and subregions in the country to create similar networks.

Finally, members have also contributed significantly to the live testing and development of life saving apps and supported multiple pieces of work with the National Suicide Prevention Alliance.

How can I sign-up?

For more information and to register your interest to join the Cheshire and Merseyside Lived Experience Network, please email us at learning@wirralmind.org.uk or call us on 0151 512 2200.



Thinking about suicide? Worried about someone?

STAYALIVE

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Download the award-winning #StayAlive app.
Now upgraded for 2020 with a range of new features
and access via web browser.

www.stayalive.app

NO MORE Suicide
Preventing suicide in Cheshire & Merseyside

GRASSROOTS
preventing suicide together

PATIENT SAFETY AWARDS WINNER

CRCA
CRISIS RESOLUTION CENTRE AWARDS
WINNER 2020

The advertisement features two smartphones displaying the Stay Alive app interface. The left phone shows a 'Safety Plan' screen with a hand icon and prompts like 'If I feel I cannot stay safe from suicide, I will talk to: Lawrence', 'I will seek help from: My GP', 'I will calm myself by trying: Breathing slowly', and 'I will go to my safe place: 14th Ave City to Cornwall Road'. The right phone shows a 'Lifeline' screen with a grid of images. The background is a light teal and beige gradient.

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.

**Cheshire and Merseyside Lived
Experience Network**

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For more information on the
Suicide and Self-Harm
Prevention Strategy for
Cheshire and Merseyside please
scan the QR code or visit
www.no-more.co.uk

