

Suicide Prevention Charter

This charter sets out the voice of people with lived experiences and the values and principals which are important to them. We ask organisations, partners and stakeholders to ‘pledge’ their support and commitment to the charter.

“I want my mental health to be prioritised and supported at an early stage to avoid having to wait until a crisis to receive appropriate help”.

“I want to have a safety plan in place and a good support network around me”.

“I want to be asked about my personal story and wellbeing at an early stage so the right help can be given, but then want to avoid having to repeat my story unnecessarily”.

“I want to be listened to, treated with respect, given enough time and supported in a caring and friendly way”.

“I want language to be used which is respectful, reduces shame, and supports me to have a conversation on suicide where I can openly express my emotions and feelings without being judged”.

“I want clear, accurate and transparent information on my options including medication and waiting times and receive practical advice to support my mental health in the meantime”.

“I want friends and family to be included, and for them to be treated with respect and compassion”.

“I want to live the life I want and do the things I enjoy, and not be defined by a single experience”.

We will prioritise your mental health and provide support as early as possible

We will co-develop a safety plan with you and help you to identify, access and create a support network.

We will discuss your personal story and wellbeing with you to ensure the right help can be given but will ensure that you do not have to repeat your story unnecessarily.

We will listen to you, treat you with respect, give you enough time and support you in a caring and friendly way.

We will use respectful and appropriate language which validates your feelings and supports you to have a conversation on suicide, and we will not judge your emotions and feelings.

We will give clear, accurate and transparent information and provide practical advice to support your mental health in the meantime.

We will include friends and family unless you tell us otherwise, listen to them, and treat them with respect and compassion.

We will support you to live the life you want and help you to do the things that are important to you