

Nottingham and Nottinghamshire

# Suicide Prevention Charter

The Suicide Prevention Charter was created by residents to set out the key values and principles which matter to individuals with lived experiences of suicidality or bereavement by suicide. Suicide prevention is everybody's business, and anyone can be affected. The Charter advocates for these important voices to shape and influence local suicide prevention activity.

"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 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 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 friends and family to be included, and for them to be treated with respect and compassion."

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

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

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



Scan the QR code to find out more about the Charter and how to get involved.

**You won't increase the risk by talking about it.**