

## Suicide Prevention Awareness;

*Using the voices of survivors of suicidality as a catalyst to conversations about suicide ; for staff in ????????*

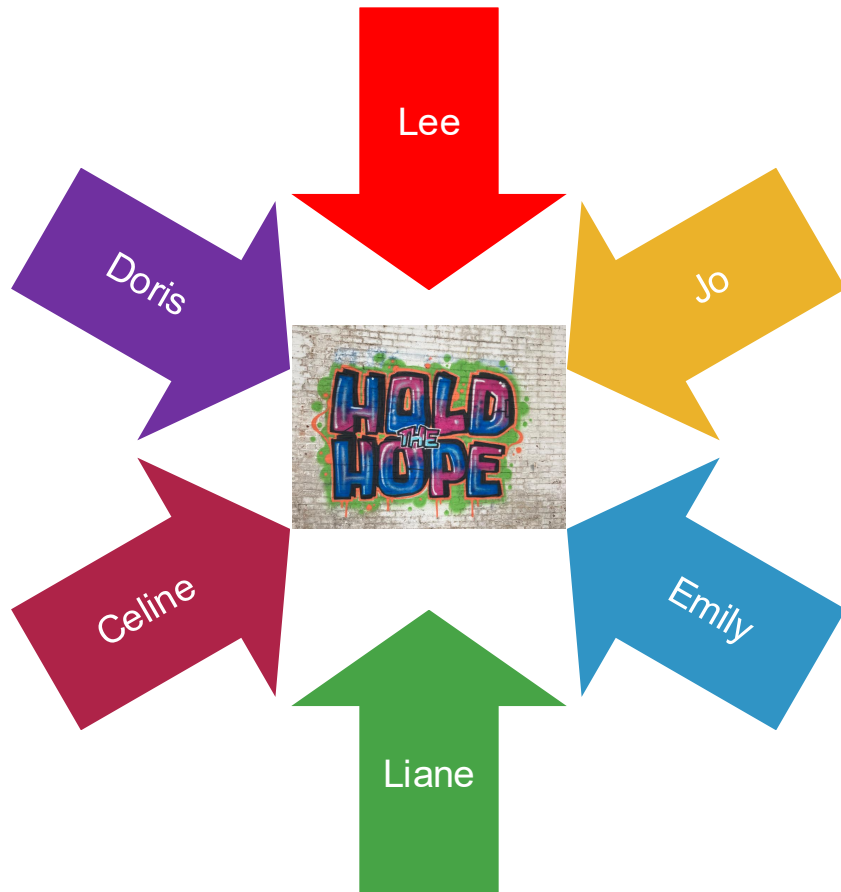
- Jo Lambert: "Hope Holder" – mother, wife, friend, colleague and exceptional survivor
- Justine Trippier: Consultant Nurse & Trust Suicide



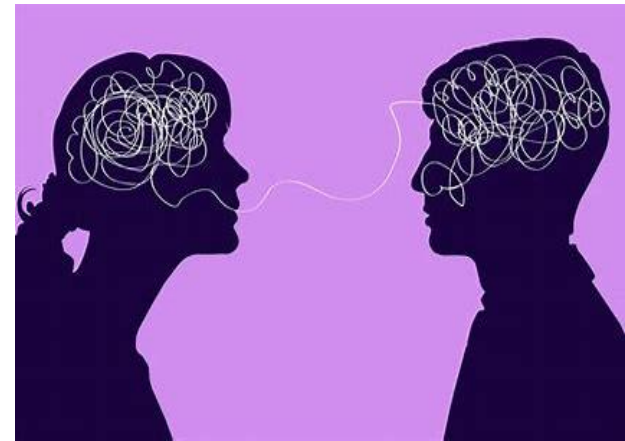
Prevention Lead

# Who is "Hold the Hope"

A group from Southwest London & St Georges mental health involvement programme who;



- Have every felt like or attempted to take their own life
- Are unpaid/paid carers or sibling carers for people who have attempt to or succeeded in ending their life
- Have been bereaved by suicide
- Have been impacted by suicide





Grounded in the voices of those with lived experience, we aspire to embed a culture where we facilitate an alternative autonomy: so people feel empowered to have choices other than ending their own life.

## *Our Aims:*

- ▶ **Collaboration across communities**, equipping people with the skills to support those in crisis
- ▶ **Show courage by talking** about suicide in an open, honest & collaborative way.
- ▶ **Encouraging** “unmasking” – “be your authentic self”
- ▶ **Transparency** around “care potholes”
- ▶ **Mutual accommodation** with cultural humility.
- ▶ **Launch a tidal wave of respect** & nurturing one another.
- ▶ **Create a universal language of compassion** across communities.
- ▶ **Own it all** - don't disown anything.
- ▶ We will **stand together** on an equal platform of kindness, humanity and empathy.
- ▶ Always **hold the hope!** Remember to connect, reflect & validate.
- ▶ Always **smashing stigma.**
- ▶ We cannot do this on our own – **stronger together!**



The end product

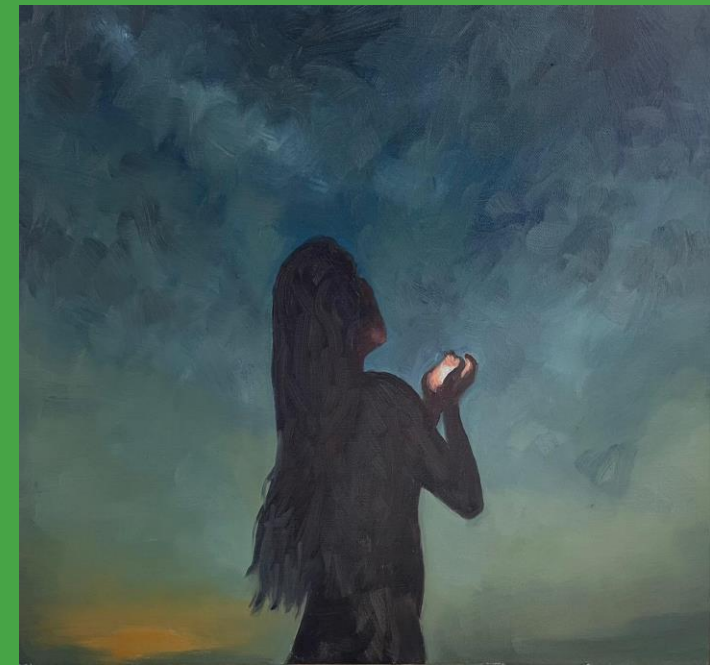


# For us – we hope **today** you will;

- Gain an insight into suicide from the voices of those who have been there and often return there.
- See holding conversations about suicide to service users as part of everyday working life.
- Feel a little more confident in broaching this subject matter.

## **It will not;**

- Replace any statutory training
- Detail statistics, trends, give you a pathway



# The next steps..

- Embedding into our “essential skills for roles (MAST) training – Collaborative Clinical Safety Training (CCST)”
- Film is shown at the start of the day with message: “how do we embed this perspective throughout the day” – making sure the lived experience voice is present throughout the day
  - All trainers attend one of the awareness sessions
  - Direct link & supervision from “wide hold the hope”

For more information please contact:

Hold the Hope

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