

Prevention, Early Intervention and Behaviour Change



“Co-production of evidence-based framework and related guidance for practitioners on personalised risk management and safety planning for adults experiencing suicidality.”

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Suicide

EVERY LIFE
MATTERS

Prevention

**North East and North Cumbria Suicide
Prevention Network**

Mission statement

"Based on evidence of how best to prevent suicide and promote wellbeing and resilience, to work together to take action to reduce suicide, so that fewer people die by suicide and we improve support for those affected."



@StopSuicideNENC



Suicide

EVERY LIFE
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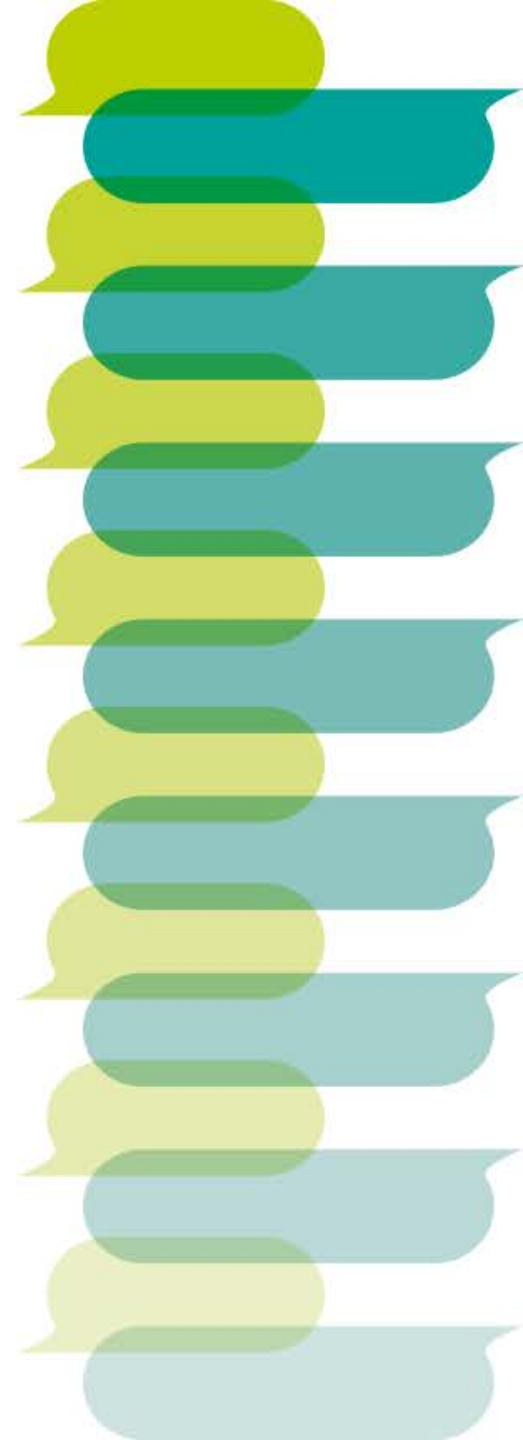
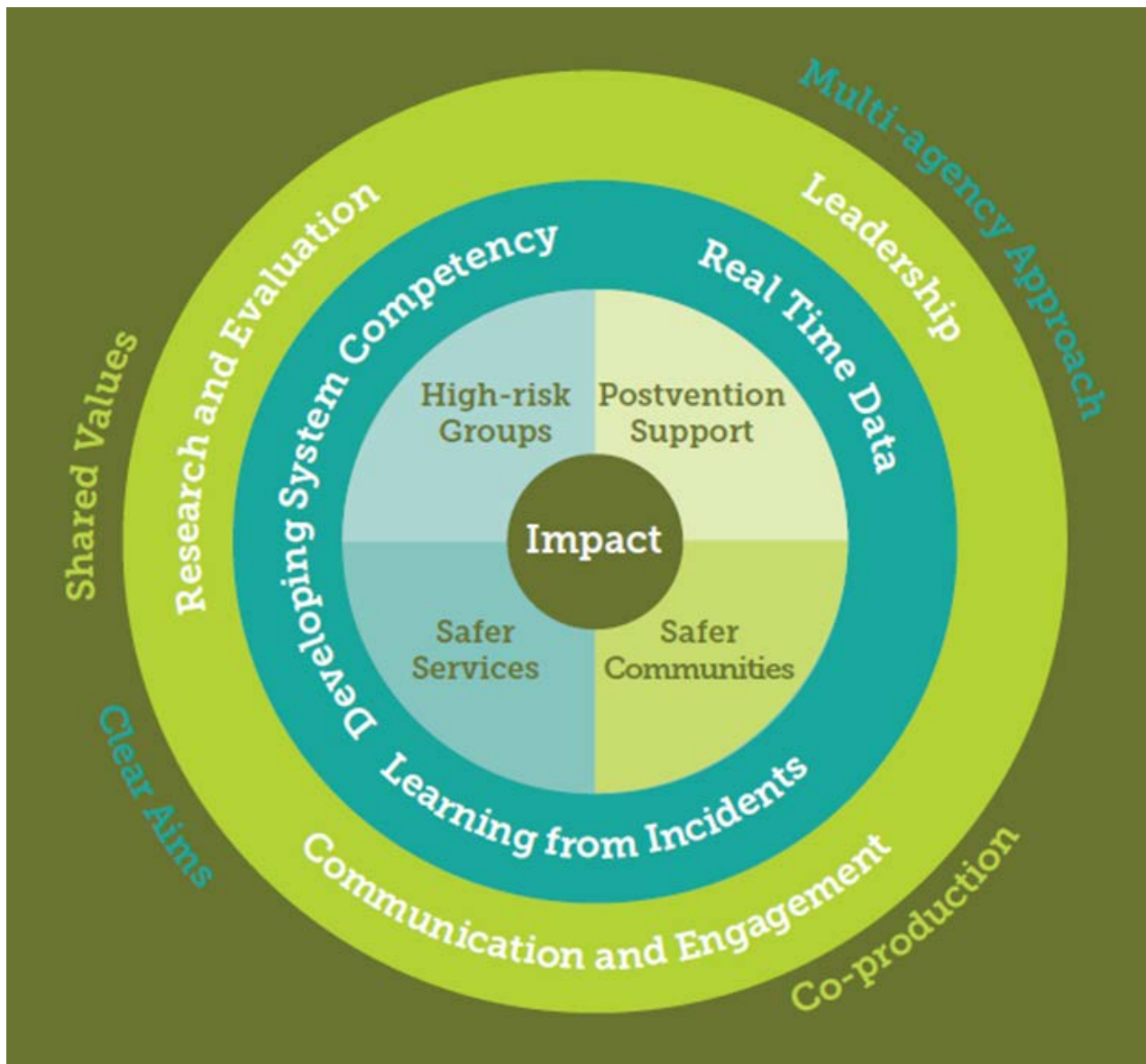
Prevention

**Enabling
and
Priority
workstreams**

ics

Integrated Care System

North East & North Cumbria



Project outline – *Influenced by Jays story*

- **Review current evidence** on personalised risk management and safety planning.
- Explore the **lived experience of suicidality**.
- Co-produce evidence-based **Framework/guidance** for practitioners.
- **Next phase** - look at **specific cultural groups and age cohorts** to ensure that the framework is population sensitive and adaptable.

Project aims *From risk assessment to risk mitigation.*

- **Co-produce** an approach to **intervening early**, to help provide **alternative person-centred responses** to intense **distress** and suicidality.
- To directly impact the lives of people at risk by working with and **learning from the individuals affected** and translating into **practical actions** to help prevent suicide.
- Contribute to the long term aim of **reducing the numbers of death by suicide** across our region.

Project timeline - *Our milestones*

- **Research Assistant** recruited (month 1)
- Completion of a **rapid scoping review /develop interview questions** (Month 3)
- **Ethical approval** granted (Month 3)
- **In-depth interviews** (Month 7)
- **Co-production workshops** (Month 11)
- **Report and dissemination** (Month 12)

Planned deliverables/outcomes ; “Just do something”

- **The Network structure**, from local communities to national leads, allows **wide reaching influence and impact including;**
- **An open access** peer-reviewed paper.
- **Conference** presentations.
- **Public facing** Events.
- **Implementation guidance** - Framework for practitioners – including; training plan; supervision structures; tools and related documentation.
- **Case study** submission.
- Contribute to - **Emerging evidence policy & guidelines.**
- Prepare and submit a **co-produced research proposal to the NIHR** to implement and evaluate across high-risk groups of people affected by suicidality