

Project Brief

Version 1 [04.04.23]

PROJECT BRIEF

***Title:** What are the personal support and wellbeing needs of people who provide informal support to individuals who engage in suicidal behaviours and how can these be met? An iterative Participatory Focus Group methodology.*

AIM OF PROJECT

The aim of this project is to invite 'significant others' to attend a focus group session to answer the research question: "what are the personal support and wellbeing needs of 'significant others' and how can these be met?" Several focus group sessions will be held, the outputs from which will provide a comprehensive understanding of 'significant others' needs and how to address them.

WHO ARE 'SIGNIFICANT OTHERS'?

People who self-identify as someone who provides informal support to either children, young people, adults and/or older adults who engage in suicidal behaviours.

WHAT YOU WILL DO IF YOU TAKE PART IN THIS PROJECT

The focus group discussions will seek individual contributions and group discussion about how 'significant others' describe: the personal attributes, skills and knowledge needed to undertake this significant other role; the benefits and barriers to performing this role; the impact that this role has upon individuals who engage in suicidal behaviours; the impact this role has upon the clinical care provided to individuals who engage in suicidal behaviours; the impact that this role has upon the significant other; and their personal wellbeing needs and how these can be met.

Following your participation in your focus group session, you will be invited to provide a short (no more than 3 minute) video to share your evaluation of the project and your involvement in it, including your: expectations, aspirations and experiences of being involved in the focus group session and regarding the project more broadly, in terms of its aims, its intended outputs and the appropriateness and effectiveness of the projects' management and governance processes and practices.

You will also have the opportunity to review and comment upon the Project Summary Report ahead of its publication. This report will be widely publicised and shared across and by the collaborating organisations and participating Lived Experience Networks. The Cheshire & Merseyside Lived Experience Network for Self-Harm and Suicide, are collaborating partners with a voice and influence into the local suicide prevention strategy and activities. This summary report will be used to raise awareness of significant other's personal support and wellbeing needs to public health decision makers, commissioners, clinicians, 3rd sector service providers, and the general public. By raising awareness of significant others' needs, it is anticipated that this thus-far taken for granted role will be afforded greater value, appreciation and consideration by partners collaborating in the care of their loved one.

Should you agree to take part in this study, you will be reimbursed for your attendance in the focus group session and/or providing an evaluation report and/or reviewing and commenting upon the Summary report. Reimbursement for these activities will be at the rate of £25 per hour.

The enclosed Participant Information Sheet provides more details about the project and contact details for the projects' Principle Investigator and Researcher.

WHAT TO DO IF YOU ARE INTERESTED IN TAKING PART

If you are interested in taking part in this project please contact me (see contact details below, which are reiterated in the Participant Information Sheet), to register your interest and provide me with your email and/or telephone number. I will then contact you to discuss the project in more detail and answer any questions you may have about the project, so that you can decide whether or not you would like to participate. Please note: It is completely your decision to participate or not in this research project and you will not experience any negative impacts if you decide not to participate in this research project.

Many thanks and kindest regards,

Helen Mulholland (She/Her)

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If you are feeling distressed and need support, please contact any of the following services:

- Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19.
- Call 0800 068 4141 to talk to Papyrus, or text: 07860 039967 or email: pat@papyrus-uk.org