**South West London Suicide Prevention Trailblazer Project**

**Suicide prevention champions questionnaire**

Dear Colleague,

Thank you for expressing your interest in being a suicide prevention champion with the South West London Trailblazer project.

This is a voluntary role and flexible. The Suicide Prevention Champions roles were created to support the delivery of the South West London Suicide Prevention Trailblazer project. More information on the project can be found here:

<https://www.swlondon.nhs.uk/ourwork/suicide-prevention/>

Suicide prevention champions are being recruited with a wide range of backgrounds including individuals, working within community-based and voluntary organisations, local businesses, clinical organisations and statutory organisations.

The Suicide Prevention Champion role will involve:

* Being aware and able to recognise the signs if someone needs help

* Initiate conversations if they are worried about someone
* Provide general support to people experiencing suicidal and mental health problems
* Be well informed of local services so that they can signpost those they come into contact to relevant services
* Actively promote suicide prevention and mental wellbeing
* Support the delivery of suicide prevention/ wellbeing activities within their organisation

The role will involve doing the following:

* Help individuals understand and learn about suicide prevention
* Use their own experience or other experience to change how they feel and act on suicide prevention
* Deliver varied activities to promote suicide prevention e.g.: having conversations; speaking up on suicide prevention, share a story, form a campaign group; run an activity and contribute to the shaping to the suicide prevention agenda
* Network with other suicide prevention champions and provide peer support
* Actively promote mental health wellbeing
* Support the delivery of suicide prevention and wellbeing activities within their organisation
* Act as a voice of those who are affected by suicide, self-harm and mental health

In order to be able to work with you effectively I would like to request that you complete the attached questionnaire and return it to me at: jennifer.nsubuga@swlondon.nhs.uk by Thursday 30 April 2020.

If you would like to discuss your participation, please contact:

* Matthew Dickens – Suicide Prevention Co-ordinator (covering Croydon, Merton and Sutton) on: suicideprevention@mindincroydon.org
* Marie McCormack – Suicide Prevention Co-ordinator (covering Kingston, Richmond and Wandsworth) on: marie@mindinkingston.org.uk

I attach for information a toolkit developed to support the delivery of the South West London Suicide Prevention Trailblazer project.

Kind regards,

**South West London Suicide Prevention Trailblazer Project**

**Suicide Prevention Champion questionnaire**

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| --- | --- |
| **Name** |  |
| **Job Title** |  |
| **Organisation** |  |
| **Telephone/ mobile** |  |
| **Email contact** |  |
| **Briefly explain what motivated you to enlist as a suicide prevention champion**  |
|  |
| **What do you need to have in place to be able to work as a Suicide Prevention Champion?**  |
|  |
| **What are your main concerns about being a Suicide Prevention Champion?**  |
|  |
| **Please use this space to make any comments that you would like us to know relating to your involvement** |
|  |

**Your details will be kept for the duration of the project and will only be used for the purpose of the project.**

**Please return the completed questionnaire to** **jennifer.nsubuga@swlonon.nhs.uk**