

## Information Sheet

### ? What is the group about?

**In 2022 a new young people's advisory group was launched as part of the National Suicide Prevention Strategy and Action Plan. The group was being set up to make sure young people's views are heard directly by decision-makers, to influence government policy.**

The group is for young people aged 16-24 who have tried to take their own life, or who have had suicidal thoughts. It is also for people who have had a bereavement by suicide, this could be someone in your family or someone else who is close to you.

The group is an advisory group for Suicide Prevention Scotland and is supported by Children in Scotland and the University of Edinburgh. These organisations work together to ensure the views of young people inform suicide prevention work in Scotland.

We are looking for new members to join the group and work with us over the next few years.

If this sound like something you might want to get involved in, please read on.



### ? What will it involve?

**The group will meet to discuss issues that matter to you.**

The purpose of the group is to work together to support the development and delivery of actions set out in the Creating Hope Together action plan and ensure that future policy around suicide prevention is informed by lived experience. The strategy and action plan set out the work being done to reduce suicide rates in Scotland and is overseen by a group of organisations who work together as Suicide Prevention Scotland.

Some of the meetings will be online, others will be in person. We meet roughly once a month. We will agree the sorts of topics we want to focus on as a group and discuss these.

We also spend a lot of time making sure we all feel happy and safe to share. We do different fun activities together and the group decide what these are.

Members of the group will be involved initially for about 12 months, but you can stay involved for longer if you like. People can be involved in this group until they turn 24 years old.



## What have we done so far and what is next?

- We have shared our views on topics related to suicide prevention like the sort of support young people should get, the groups of young people most affected by suicide and helped inform the development of the new Suicide Prevention Action Plan
- We supported the creation of the enabling conversations resources which support conversations about suicide
- Going forward we will spend some time working as a group and talk about topics that are important to you.

## Why should I get involved?

**The group provides the opportunity to meet new people and share ideas. It creates a space to talk about how young people can get better support and experience better wellbeing.**

Importantly it's a really good chance to be involved in making a change in Scotland and making sure young people's views are heard.



*It is a really lovely group of young people with all different experiences and backgrounds. We are a supportive group and we look out for each other in sessions, making sure no one feels alone or left out. We use our experiences to help with suicide prevention and to try and make positive changes to the mental health system so it can be better for other young people going through similar things.*

*If you're a young person and want to come join, you're more than welcome. It is a safe space where you can be heard and be yourself, and where people actually understand what you're going through or have been through. Hope to see you as part of our group! :)*



**Youth Advisory Group Member**



*It is a group of young people who meet to share their views around issues that impact suicidality and young people's mental health. As we are working on suicide prevention, we talk about a lot more than suicide itself. We really can talk about anything from policy, research, the support that is available, our views on how to make things better for young people, stigma, social media and lots more. The people in the group are all lovely and we have a laugh as well. It is nice to have an open space to chat where there is good support around you. If you are thinking of applying - go for it! If there is anything you are unsure about, you can chat to the staff and we would love to have new people join.*



**Youth Advisory Group Member**

## Who else will be involved?

**There will be up to 12 young people involved in the Youth Advisory Group.**

All members of the group will have lived experience of suicidal thoughts or behaviours, including planning to or trying to end their own life. It is also for young people who have experienced suicide of someone close to them.

**Below you can find out a bit more about the team who work on the project**



**Chris** has worked with Children in Scotland for 9 years and has worked with the Suicide Prevention Youth Advisory Group for the last 4 years. He plays cricket and loves coffee.

Chris manages and oversees the group.



**Lynne** works at the University of Edinburgh, where she does research into liveability and suicide. She has lots of experience of doing research with children and young people on suicide and mental health, and spent many years working directly with young people before becoming a researcher. Lynne loves mountain biking and walking her dog



**Parisa** works with Chris and has worked at Children in Scotland for five years. She leads the day to day organising of the group and will work closely with you.

She loves reading, cooking and all dogs.

## What support will I get to take part?

**You will be working directly with Chris and Parisa. Lynne will also support the group meetings. The team delivering the group are here to provide support to participate and to make sure everyone's voice is heard.**

To make sure you have the support you need for the project, we ask you to provide an identified supporting person for the project. This should be a practitioner who you already work with and who can support you to be involved. We would keep in touch with this person if we thought you needed some additional support as a result of your participation. We would always talk to you before contacting them.

If you have any additional support needs, we would be happy to discuss any specific supports we can put in place to enable you to take part. We can also help provide wi-fi or phone top ups to support you to participate.

Young people who are involved also get vouchers following each session as a thank you for your time and participation. These vouchers will be paid to you on a quarterly basis.

**The group is also likely to come into contact with other adults involved in Suicide Prevention Scotland on a regular basis.**

## How do I get involved?

You just need to let us know you would be interested in taking part by getting in touch with us. Please email Parisa on [pshirazi@childreninscotland.org.uk](mailto:pshirazi@childreninscotland.org.uk).

**When emailing us we need you to tell us the following information:**

- Name
- Age
- Where in Scotland you live

**We also need you to answer the following questions:**

- Why do you want to get involved in this group?
- What do you like doing in your spare time and why?

When sending us an email to say you are interested, please copy in an adult from the organisation who will provide you with support during the project. This will mean we can keep in touch with both of you. You should talk to them before copying them into the email.

You can send us the answer to these questions just in an email. Or you may prefer to send us a short video? Or share your answers in a poem or poster? That's great! Just email those to us.

All of the information you share with us will be stored securely in line with [Children in Scotland's data protection policy](#). Let us know if you want to know more about this.

After you email us, we will then get in touch with you about next steps. If we get more applications than available places, we will then look at geographical and lived experience to ensure that the group is as representative as possible of young people from all over Scotland.

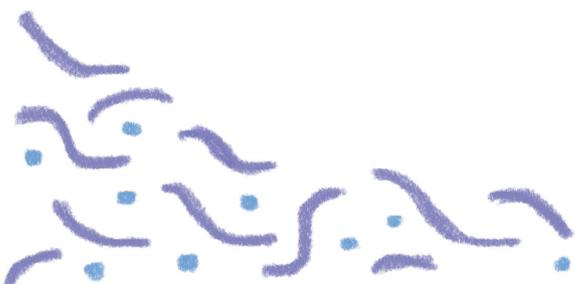


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## What if I want to stop being involved?

**That is absolutely fine! It is totally up to you if you want to stop being involved, you just need to let us know.**

It is also fine to take some breaks from the project and to skip meetings if you don't feel up to it. Your participation is based on what works for you.



## What if I want to find out a bit more?

**As part of inviting new members to join the group, we are really happy to meet with you to discuss getting involved.**

After you apply to be involved we would organise to have a quick catch up, this would be a chance for you to meet the team and find out if the group is right for you.

If you have any questions about this, please let Parisa know by emailing her on [pshirazi@childreninscotland.org.uk](mailto:pshirazi@childreninscotland.org.uk).

