

Information sheet

Thank you for your interest in the Suicide Prevention Consortium's project. This document will give you details about the project, the interviews, and how we will use the project findings. It will also give you details of the support you will be offered if you decide to take part in an Interview.

Please take some time to read through the information below. Feel free to talk to other people about the project if you would like. Take some time to decide if you would like to take part.

At the end of this document, you will find contact details for the With You team. if you have any questions.

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What is the project about?

At the Consortium, we want to find out more about people's lived experience of suicidal thoughts/feelings/attempts and alcohol issues, and of seeking support for themselves for one or both of these issues. We want to better understand different support journeys, exploring what has worked, and what hasn't worked so well.

We will then analyse and write up our findings and produce recommendations for organisations like NHS England and the Department for Health and Social Care who are in a position to make change. The findings and recommendations will be presented in a policy report and may be used in other ways such as website content and blogs.

How can I get involved?

We are looking for people to complete a **questionnaire** about their experiences. This should take no more than 25 minutes to complete. [You can access the questionnaire form here.](#)

The information from the questionnaire responses will form one of our two data sets that we will use for our project.

The questionnaire also offers you the opportunity to be **interviewed** by the project about your experiences. Interview participants will be offered a £25 voucher as a thank-you for their time. There is no pressure to take part and your questionnaire responses will be really valuable.

Who is organising and funding this study?

The project is being funded by the Department for Health and Social Care. It is being organised by the Suicide Prevention Consortium. The Consortium is led by Samaritans and also includes National Suicide Prevention Alliance (NSPA), Support After Suicide Partnership, and With You. It aims to bring the expertise of its member organisations and the voice of those with lived experience directly to policymakers, to improve suicide prevention in England. The project is being led by With You, a charity providing free, confidential support to people experiencing issues with drugs, alcohol or mental health.

If I take part in the interview, what will it be like?

Interviews will take place in November 2023. They will last for up to one hour and will take place over a video call on Google Meet.

We would like to record the interviews so that we can fully capture your

experiences in your own words. Recordings will be stored securely and will only be accessed by the With You team. When we produce our findings, we will anonymise the interviews so no one will be able to tell your answers came from you. If you are not comfortable with the interview being recorded, the interviewer can take written notes.

At the start of the interview, the interviewer will go through the project and interview information with you to make sure you are happy to take part. If you are happy, you will be asked to give your consent for the interview to start. Once the interview starts, the interviewer will ask you some broad and open questions about your experiences with drinking alcohol, your experiences with suicidal thoughts/feelings/attempts, and your experiences in getting support for suicidal thoughts/feelings/attempts and/or drinking alcohol. We will also ask you about what you think support *should* be like in an ideal world.

The interview questions are designed to guide the conversation. However, the interviewer will give you the space to talk about your experiences and perspectives freely, including using language that makes you most comfortable.

How will we protect your confidentiality and data during the project?

All identifiable information (such as your name and contact details) will be stored securely on With You's internal systems in line with UK GDPR requirements and only the project team will be able to access this information.

We will only store your information for as long as it is necessary. Recordings from interviews will be deleted once transcription has been completed. Transcripts and other personal data (such as your contact information) will be deleted at a maximum of one month after the project has finished (in November 2023).

We will ensure confidentiality in the interviews by 'locking' virtual meetings when interviews are held over video and ensuring that the interviewer holds the interview in a safe and private place for them where other people cannot listen. We will also ask you to find a safe and private place to take part in the interview.

You will not be identified or identifiable in any results, reports, publications or any other outputs that come from this project. We will not use your name or identify you when we write about the project. When we use quotes from the interviews, the team will make sure all identifying information is removed before sharing them with anyone else.

We will only tell someone what you have told us if we believe you or someone else is a significant risk of harm. If this happens, we may need to contact Samaritans internal staff and seek advice, or contact the emergency services, but we will always aim to discuss this with you first.

What are the possible risks of taking part in the interview?

We understand that asking people to share their experiences of suicidal thoughts/feelings/attempts can sometimes increase feelings of distress. The project team who will contact you and hold the interview has been trained to look out for any signs that you are in discomfort because of the questions you have been asked.

You will be able to pause, end, or reschedule the interview at any time without giving the project team a reason. You will also be able to withdraw from the study at any point before or during the interview, and up to two weeks afterwards. If you choose to take a break or end the interview, the project team will offer you a chance to talk to a Samaritans listening volunteer for support and provide you with contact details for other support services. If the project team has concerns that you or someone else is at risk of immediate and significant harm, we may have a duty of care to seek help and support, but we will always aim to discuss this with you first.

Are there any possible benefits of taking part in the interview?

We hope that you find taking part in this project interesting and rewarding, and that you will feel positive about contributing to a project that aims to raise awareness of these issues and influence others to improve support.

We will also offer everyone who takes part in an interview £25 to say thank you for giving your time and sharing your experiences. This will be paid via a digital voucher. Accepting this token of appreciation may impact on any receipt of Universal credit or other benefit payments. While With You cannot offer financial advice, a member of the team can signpost you to independent financial advice after the interview.

What support will I get if I do take part in the interview?

Everyone who takes part in an interview will be offered support afterwards from a Samaritans listening volunteer. You do not have to accept this offer and can use Samaritans services whenever you need by calling 116 123 or emailing jo@samaritans.org. We will also give you the contact details of other support services both before and after the interview.

If I want to take part, what happens next?

If you would like to take part in an interview for this project, please indicate this on the [questionnaire](#).

A member of the With You project team will then contact you to give you some more information about the interviews and answer any questions you may have. We will discuss the risks of taking part in the interview and if you feel safe to take part. During this initial contact, we will also find a time that works well for you to take part in the interview, if you would like to. We may not be able to interview everybody who signs up for the opportunity. If we are unable to interview you, we will still be in touch with you to let you know.

Before the interview takes place, you will need to complete a consent form to indicate you understand what taking part in the interview means and are happy to do so. Remember that you can withdraw from the project at any time, even after returning the consent form.

If you would like to contact us...

If you have any questions or would like to withdraw (stop taking part) in the project, please contact:

Holly Wood (She/Her), Policy and Public Affairs Officer, With You

holly.wood@wearewithyou.org.uk

Support is available

If you are feeling distressed or just want to talk to someone...

- Get in touch with [Samaritans](#) day or night by calling 116 123 or emailing jo@samaritans.org
- Access free confidential support about alcohol, drugs or mental health from With You's [webchat](#)
- For help finding support in your local area, go to [Hub of Hope](#) and enter your postcode.