

Preparing to share your experiences

A guide to sharing your experiences of mental health and suicide in a safe and supported way

Summary of the guide



Scottish
Recovery
Network



Suicide 
Prevention
Scotland.

Lived Experience Panel

Summary

- If you feel you this is something you are interested in and wish to explore further, then take a look at the [Preparing to share your experiences](#) full guide

This resource is for any individual who wants to share their lived experience of mental health and/or suicide (this includes people who have been bereaved by suicide). Scottish Recovery Network developed this resource in partnership with the United to Prevent Suicide social movement and members of the Suicide Prevention Scotland Lived Experience Panel (formerly known as the National Suicide Prevention Leadership Group Lived Experience Panel).

Part 1: Why we share our experiences

This section introduces the topic of why we share our experiences and discusses the benefits for self, and the value for others. It also looks at the purpose of sharing experiences and encourages reflection on why you want to share your experiences.

Part 2: Safety

In this section, we want to provide you with a better understanding of what support should be in place before, during, and after you talk about your experiences. We also want to help prepare you for what reactions may occur once you have talked about your experiences. Most importantly, we want to help you feel empowered to share your experiences safely.

Part 3: Wellbeing

There are a number of factors discussed in this section on how to look after your own wellbeing, which can help you to decide whether to share your experience, or not, and how best you can prepare to share your lived experience.

Part 4: Where can we share our experiences?

There are different spaces and places to share your experiences. This section looks at where you can share your experiences and offers insights from people who have shared in these spaces to help you decide where you want to share your experiences. This section covers peer support, lived experience engagement opportunities, and sharing a recovery story.



Further links

- [Suicide Prevention Scotland Lived Experience Panel](#)
- [Scottish Recovery Network](#)
- [United to Prevent Suicide](#)

Get help now

The following services offer confidential support from trained staff and volunteers. You can talk about anything that is troubling you, no matter how difficult:

- [Samaritans](#) are there to listen 24 hours a day, 365 days a year and it's always free to call from any landline or mobile phone. Call **116 123** to talk to [Samaritans](#), or email jo@samaritans.org
- Call **111** to talk to NHS 24's mental health hub.
- Call **0800 83 85 87** to talk to [Breathing Space](#) or go to their [website for more info about their webchat service](#). The service is open 24 hours at weekends (6pm Friday - 6am Monday) and 6pm to 2am on weekdays (Monday - Thursday).
- [PAPYRUS](#) – **Prevention of Young Suicide**
Hopeline247.Call: **0800 068 4141** or Text: **07860 039 967**
(0800 number free to call. Mobile number free to text or inclusive of text allowance). Email: pat@papyrus-uk.org

Get in touch

If you need this resource in a different format, please contact [Scottish Recovery Network](#) on: **0300 323 9956** - [ContactScotlandBLS](#)
Email: info@scottishrecovery.net

