

Using “I statements” to inform criteria

General statements:

- I need to trust who I am sharing my information with, as I fear being judged or that it might be used incorrectly.
- Clearer treatment pathways and understanding of mental health, as there are with physical health, would help me to navigate the care I need more easily.
- If people knew how to spot the signs that I am struggling, I would feel safe.
- I know that being able to vent is important to my mental health.
- It took a big step to ask for help, I know that awareness of different apps and groups is important to me.
- Being able to tell my story in a way that I feel safe is important to me.
- I am satisfied when the negative connotations of mental health/suicide aren't present.
- I find it good for me when people are genuine with me before and after any events.
- I know that when my GP listens and supports me when I am low, it makes a positive impact on my mental health.
- Having a methodical and joined up approach to my care lets me know what to expect next.
- It took a lot of strength to leave my family, I need continued support to ensure I recover to the best of my ability.
- Being able to change my housing situation has helped in my recovery.
- Being part of a commune has helped me to have a safe space that is supportive.

How can people who have attempted suicide be offered ongoing contact in an effective and affordable way?

- I know that having regular touch points with services or support is important to my mental health and reduces my risk of attempting to take my own life again.
- I like to have clear options for my recovery. Having the choice to interact in a group or alone, face to face or anonymously makes me feel safer.
- While I need to learn to be resilient and to support myself, sometimes I am not able to do this. I need someone to guide my care, as I am not always able to make choices for myself.
- I know that I feel safer if all my interactions are sent to my GP. This means they can have a better understanding of the support that I need.
- If I miss an appointment, I want someone to check that I am ok in my self defined follow up period.
- When I feel low, it is nice to know someone cares about me.
- I've learnt that when professionals use the right language I trust them more.
- I know that someone explaining to me what is going to happen after I am discharged would help me to have clarity and feel more settled.
- I want my follow up care team to remember that I can change my mind, and decide that my life is important to me.
- I like to know what options I have when in a crisis, but I need to be supported by an advocate to make these decisions.
- For me to feel better after a crisis, going home may not always be the best option for me as it may not be my safe place.
- I like to use self management techniques to assess my mental health, this helps me to feel in control.

Suicide prevention – I statements (continued)

How can the internet, smart phones and other technology be harnessed to identify and signpost help for those thinking about suicide?

- Online identification of my behaviour would have to be non-confrontational and passive in nature.
- If I receive online notifications I need to know that I will be safe and where the notification is coming from.
- If I am using an online tool or app I need to know that my identity is protected. That I can choose whether to interact with someone privately or let someone know who I am.
- When I seek help, I want to know it is from a trusted source.
- If I behave in a certain way online, it could highlight the existing support networks in my area.
- I know that online or smartphone identification may cause paranoia at times.
- I know that identification via online or smartphone mechanisms wouldn't suit all age groups.
- Having access to my mobile phone when I am feeling at risk is important so I can get support instantly e.g. a call to the Samaritans or a taxi to get me somewhere safe.
- I would like my local GP to have access to services that aid in my support that can direct me to the best care available.
- Technology to improve the advocate services would be useful for me to get the support I need at the time I need it.

How can communities or non-specialist services address factors that increase the risk of suicide?

- If I am going to access support to reduce my risk of suicide, I would like this to be away from the clinical environment.
- Speaking to someone who has been through the same experience, helps me to feel comfortable and not patronised.
- I need support groups to be visible and easy to find.
- If I am offered a face to face group, I need to feel I can get there easily without any financial pressure.
- Having a safe place to talk where I am not lectured is important when I feel low.
- I know that I cannot always talk in group activities, I like to be offered a chance to talk privately should I need to.
- Easy access to free activities that are clearly signposted would help me to manage my health and distract me from thoughts about taking my own life.
- I know that being able to access the Sanctuary at Mind 24/7 would make me feel safe.
- Making use of the recovery college has been very important to me.

Suicide prevention – I statements (Family affected)

General statements:

- I struggle with people's stigma towards suicide and the insensitivity when the media are reporting on it.
- I want to be treated normally when my relative has taken their own life.
- I need support during the time immediately following my relatives death and during the inquest process.

How can people who have attempted suicide be offered ongoing contact in an effective and affordable way?

- I know timely and regular follow ups may have saved my relatives life.
- I know that when my relative spoke to healthcare professionals on the phone they were able to hide their true feelings.
- I know my relative needed more support than they admitted to needing.
- I know that following my relatives death, family support and follow up would help in my own recovery.

How can the internet, smart phones and other technology be harnessed to identify and signpost help for those thinking about suicide?

- I know online support would help, but only if you are able to recognise the signs that you need help.
- I know that monitoring and flagging online behaviour for my relative might have helped people to realise they were struggling.

How can communities or non-specialist services address factors that increase the risk of suicide?

- I know support other than using medications helps.
- Family support in the community would help me to deal with the death of my relative.
- Support is good for me to deal with the death of my relative, but only if it is given in the correct way.