



Personalised risk assessment: Safety plans, self-harm, suicide prevention & the importance of collaboration, compassion, and relational care | Agenda

10th June 2025 | 10.00-12.30 | ZOOM

Facilitation team

Dr Leah Quinlivan, Research Fellow (NIHR GM PSRC, University of Manchester), and NCISH Risk Assessment Delivery Lead

Dr Emma Nielsen: They are a researcher, autistic and have lived experience. They are also a co-facilitator for PAR events. They are a PAR partner and are speaking about safety plans at this event.

Vicky Romily, Speech & Language Therapist, Nottingham Healthcare NHS Foundation Trust

Katherine McGleenan, Enhanced Nurse Consultant, CNTW

Paula Mart: Lived experience partner, CNTW

Pea Higgins: Lived Experience Advisor for NHS England, PAR partner, co-facilitator, and Safety Delivery Group member (Culture of Care Programme).

Sal Smith: Director of lived experience at NCCMH

Julie Redmond: Trauma Informed Advisor, Culture of Care Delivery Team, co-facilitator at PAR events, and Safety Delivery Group member.

Jill Corbyn or member of Neurodiverse Connection: Founder and Director of Neurodiverse Connection (TBC)

Delegate number: Approx 200

Aims and context

Content warning: Throughout this session, we will discuss sensitive topics including self-harm, suicide, and experiences of healthcare services. Discussing these difficult topics can hopefully help improve personalised approaches to risk assessment. However, they may bring up past experiences and be upsetting. We always have an open-door policy and these events will be recorded. Please do take care of yourself as priority. You can leave for sections and come back, and/or mute any sections as often as you wish.

The aim of this session is to provide greater insight into the evidence and practice for safety plans. We aim to highlight the importance of taking a compassionate, relational, and approach throughout the assessment process.

Support and contacts

We will have a support space available throughout the session and afterwards. If you are in crisis or feeling distressed, please do seek help from your trusted personal and professional support network. We have included a list of contact numbers as part of the agenda.

Overview:

Leah will chair the session. She will also provide an overview of the context for the session and general housekeeping. Leah will overview the importance of considering language, stigma, and trauma when sharing research, views, and experience.

Pea will co-facilitate, reflect on the session, share their views, and will facilitate the discussions and Q&A.

Julie will speak about the importance of having a trauma informed approach to safety planning assessment. She will discuss what can work well and not so well for safety plans. Julie will also highlight the importance of integrating the Culture of Care equity principles into the safety planning process.

Emma and Vicky will share insights, evidence, and practical applications for personalised risk assessment, care, and safety planning for autistic people. Emma and Vicky will speak from a research, lived experience (Emma), and speech and language therapist perspective (Vicky).

Katherine and Paula will discuss their co-produced framework on safety planning for people experiencing suicidal distress. This talk will include an overview of the co-produced process, and highlight why meaningful and collaborative approaches to safety planning are essential.

Jill or a member of NDC will overview the Culture of Care position statement on Positive Behaviour Support for Autistic People.

Time	Item
10.00-10.15	<p>Welcome, wellbeing, and housekeeping</p> <ul style="list-style-type: none"> Leah will welcome attendees. She will introduce the topic and highlight the importance of safety and wellbeing. She will overview the importance of considering language, stigma, and trauma throughout our discussions.
10.15-10.35	<p>Safety plans: the importance of collaboration, process, and compassion</p> <ul style="list-style-type: none"> Julie will speak about the importance of having a trauma informed approach to safety planning assessment. She will discuss what can work well and not so well for safety plans. Julie will also highlight the importance of integrating the Culture of Care equity principles into the safety planning process.
10.35-10.55	<p>Co-producing safety plans for suicidality</p> <ul style="list-style-type: none"> Katherine and Paula will discuss their co-produced framework on safety planning for people experiencing suicidal distress. Their talk will include an overview of the co-produced process and highlight why meaningful and collaborative approaches to safety planning are essential.

10.55-11.05	Break
11.10-11.45	<p>Adapting safety plans for autistic people: Research, lessons learnt, and practical resources to make things better: Part 1 & Part 2</p> <ul style="list-style-type: none"> • Emma and Vicky will jointly share insights, evidence, and practical strategies for adapting safety plans for autistic people. Emma will overview research on adapting self-harm and suicide prevention safety plans for self-harm and suicide for autistic people. Vicky will overview resources and practical tools to support safety planning from a speech and language perspective.
11.45-12.00	<p>Culture of Care: Positive Behaviour Support Position Statement</p> <ul style="list-style-type: none"> • Jill or a member of NDC will speak about the Culture of Care Positive Behaviour Support Position Statement
12.00-12.25	<p>Safety plans discussion & Q&A</p> <ul style="list-style-type: none"> • Pea will also facilitate the discussion and we welcome any questions or comments. • Pea will reflect on safety plans, equity principals, and importance of considering equity principals in safety planning assessments.
12.25-12.30	<p>Meeting close</p> <ul style="list-style-type: none"> • Leah will close the meeting and provide an overview of the next learning event.
12.30	Close

Help in a crisis contacts

- [Samaritans](#)
Call 116 123 – 24 hours a day, 365 days a year
- Text “[SHOUT](#)” to 85258
Available 24/7
- [SANEline](#)
0300 304 7000 – 4.30pm-10.30pm, 365 days a year
- [Campaign Against Living Miserably \(CALM\)](#)
Call 0800 58 58 58 – 5pm-midnight, 365 days a year
- [Women’s Aid](#) – national domestic violence helpline
Call 0808 2000 247 – 24 hours a day, 7 days a week
- [Papyrus](#) HOPELineUK – for people under 35
Call 0800 068 41 41 – 10am-10pm weekdays, 2pm-10pm weekends, 2pm-5pm bank holidays
- [Childline](#) – for children and young people under 19
Call 0800 1111
- [The Silver Line](#) – for older people
0800 4 70 80 90 – 24 hours a day, 365 days a year
- [NHS 111](#)
Call 111 – 24 hours a day, 365 days a year
- [LGBT Foundation’s](#) Helpline
Call 0345 3 30 30 30 – 9am-9pm weekdays, 10am-6pm Saturday
- [No Panic](#) – for people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders
Call 0844 967 4848 – 10am-10pm, 365 days a year
- [BEAT](#) – support and information about eating disorders
0808 801 0677 – 3pm-10pm, 365 days a year
- [Alcoholics Anonymous](#)
0800 9177 650
- [GamCare](#) – free information, advice and support for anyone harmed by gambling Call 0808 8020 133 – 24 hours a day, 7 days a week
- [James’ Place](#) – a charity offering support to men in suicidal crisis at centres in Liverpool, London and Newcastle
Call 0151 303 5757 (James’ Place Liverpool), 020 3488 8404 (James’ Place London) or 0191 406 6000 (James’ Place Newcastle) 9.30am-5.30pm Monday-Friday (except Bank Holidays) or complete a [self-referral form](#)