

Culture of Care Programme: Personalised Approach to Risk Events

Is attending this event right for you, right now?

Before deciding whether to attend this event, you may want to reflect on the following questions, either on your own or with someone you trust.

The Personalised Approach to Risk Assessment events include discussions of research about evidence-based practice in self-harm and suicide prevention. They may also involve sharing personal experiences of healthcare services, self-harm, suicide, racial inequities, and systemic injustice.

It is important to consider your own wellbeing and consider whether you feel able to hear different views and perspectives.

Questions to reflect on before attending:

1. Does it feel like the right time for you to hear content related to self-harm, suicide, or experiences of healthcare services?
2. How have you been affected, mentally and emotionally by hearing about self-harm, suicide, or experiences recently?
3. What impact does it have on to hear others talk about their experiences of self-harm, suicide, or using healthcare services? How do you usually cope with this?
4. Are there any times or dates when you tend to feel more vulnerable?
5. Are you aware of any particular words, conversations, or triggers around self-harm or suicide that affect you?
6. What self-care practices do you have in place during more vulnerable times?

Signs that you may be in a good place to attend these events:

- You have thought about the emotional impact of attending, and it feels right for you.
- You feel that attending is unlikely to set back your own healing, and you feel confident in stepping back if that changes.
- You understand your own triggers and have ways to care for yourself when you're feeling more vulnerable.
- You also know when and how to reach out for extra support. You have a someone or a support network you can turn to if needed.
- You are choosing to attend because it feels right for you. You are gentle with yourself because of the healing that has taken place so far.
- You feel ready to hear different opinions and experiences related to suicide and healthcare services. You are comfortable being part of a group with a wide range of backgrounds and viewpoints.

Attending these events is completely optional. If you choose not to attend the live event, the sessions will be recorded, so you can watch later when the time that feels right for you. If you change your mind during the event, we will have optional support spaces open.

This reflective guidance was adapted by PAR and the Safety Delivery Team from a resource developed by the National Suicide Prevention Alliance (NSPA), with members of the [NSPA Lived Experience Network](#).