

NIHR PSRC - Mental Health

Wellbeing plan for public contributors: Self-harm and suicide prevention research

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Support 4 Mental Health-Research (MS4MH-r)**

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acknowledge the team using the above citation.**

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Wellbeing plan for public contributors: Self-harm and suicide prevention research

As a member of the lived experience research advisory panel- you will be asked to give your thoughts and input into the development and communication of self-harm and suicide research. Therefore, this will involve discussing topics such as suicide, self-harm and mental illness. Group members' wellbeing and safety is our priority. As such we wish to remind members that we would like them to prioritise their own wellbeing first, and only contribute in ways that they feel are safe and do not negatively impact their personal wellbeing.

In discussion with the group, we agreed that we would all complete a wellbeing plan - as a way of helping us to safely manage our involvement in the group.

Members will be asked to complete the below plan at a time when they feel they are well and able to think clearly about what they may find helpful. We will store a copy of the plan in a locked cabinet in a secure office. Members will be given the option to share a copy of the plan with a trusted friend, family member or healthcare professional.

Name	
Date of birth	
Address	
Postcode	
Phone number	
Email	

Early warning signs that I am becoming unwell may include

When I notice any of these signs, I will do the following things that have helped in the past

(For example, some people find it helpful to talk to trusted friends, family or support services? Some also find that doing things to distract themselves is useful – can you list things here?)

If I have suicidal feelings, or thoughts of harming myself I will do the following things that have helped in the past:

Where will I go to help me feel safe?

What I would like others to do if they notice these signs or if I become unwell

If I feel like my involvement in MS4MH-R is having a negative impact on my wellbeing , I will take the following steps

To be discussed in the meeting - so we can agree how the research team can link in here

Please complete the below section(s) if you would be happy for us to share your wellbeing plan with trusted friend(s), family member(s) or healthcare professional(s).

Their name	
Their relationship to me	
Address	
Postcode	
Phone number	
Email	

Their name	
Their relationship to me	
Address	
Postcode	
Phone number	
Email	

Their name	
Their relationship to me	
Address	
Postcode	
Phone number	
Email	

I agree that the researchers may retain this wellbeing plan in a secure cabinet, and share the plan with the trusted individuals whose details I have provided above.

Name of Member:

Signature:

Date:

Name of researcher:

Signature:

Date: