

# Co-production Opportunity

10 December 2021

Issue number 2

Rethink  
Mental  
Illness.

## Actioning Norfolk and Waveney's Suicide Prevention Plan

Trigger warning:

Every death by suicide is a tragedy.

The reasons leading up to a person's decision to take their life are complex, but there are well established factors. Money or housing worries or poor mental health are examples of how stress can affect our mental health and wellbeing. Stresses and risk factors that can lead to suicide have increased during the Covid-19 pandemic.

Help around suicide prevention and for people bereaved by suicide are priorities for change in the NHS Long Term Plan. Over the last three years there's been a nationally funded programme of suicide prevention activities. This work is now being continued as part of the Long Term Plan transformation programme.

Co-production will be at the heart of putting the Norfolk & Waveney Suicide Prevention Plan into action.

We will involve people with lived experience of suicidal ideation or bereavement by suicide, and will use the power of community listening.

Rethink is facilitating the involvement of people with lived experience around suicide so that joined up action to prevent suicide is co-produced.

Co-production is when people with lived experience of challenges work in partnership with staff in organisations that offer help. This way of working means that plans and actions for change are more effective.

Co-producing also has wellbeing benefits for all those involved, enabling connections and skills, opportunities to work together as a community of interest around suicide, and roles for people with lived experience, including carers and family members.

*in* good health  
The Norfolk and Waveney Health and Care Partnership



Norfolk County Council



### Taking action together

In Norfolk and Waveney the NHS is working together with Norfolk and Suffolk Councils, charities, community organisations and people with lived experience to improve mental health.

An essential part of this work is taking action together to prevent suicide.

We are currently developing a new Suicide Prevention Strategy which will be launched in 2022. This plan will see us continue to develop our approaches to preventing suicide in our communities.

# Let us know your views

There are many conversations to be had to understand how best to action our Suicide Prevention Strategy in Norfolk and Waveney – what helps and what doesn't help.

Conversations can be one-to-one or in a group. Having a conversation, does not necessarily mean you will need to share your story if you do not feel that you want to. We can start by letting you know about plans and you can respond, adding your ideas based on your own lived experience, including supporting a loved one.

We would particularly like to hear from you if you have experienced inequality as a result of, for example, disability, neuro-diversity, ethnic background, sexual identity, gender, age.

Your views and ideas will influence how the strategy is actioned and it is very important they are heard.

Please send us an email message to

[NandWcoproduction@rethink.org](mailto:NandWcoproduction@rethink.org)

and we will be in touch.

Please let us know the best way to contact you.

Thank you.



## Lived experience roles

There is an opportunity for two people with lived experience around suicide - including as a carer or family member - to join the Suicide Prevention working group - as Lived Experience Leaders.

This working group includes representatives from across the health and care system (In Good Health) and its purpose is to put the Norfolk and Waveney Suicide Prevention Strategy into action.

The role also involves connecting with members of the public in Norfolk and Waveney, listening to their views and ideas about the best ways to action the plan.

If you would like to find out more about this role, please send an email to

[NandWcoproduction@rethink.org](mailto:NandWcoproduction@rethink.org)

for a role description.