



# **National Suicide Prevention** **Action Plan** **Youth Advisory Group** **Information Sheet**

## **What is the aim of the project?**

A new national young people's advisory group is being launched! The group is being set up to make sure young people's views are heard directly by decision makers, to influence government policy. The group will be aimed at young people who have tried to take their own life, who have suicidal thoughts. It is also for people who have experienced suicide (please note that two years must have passed if you have sadly lost someone through suicide for you to get involved) and those who suffer from poor mental health.

The group will be an advisory group for the National Suicide Prevention Leadership Group (NSPLG) and be supported by Children in Scotland and the University of Stirling. They will also work with the NSPLG to influence policy.

Sound interesting? Read on!

## **What will it involve?**

The group will meet to discuss issues that matter to you. Some of the meetings will be online, others will be in person and you can help decide how often we meet.

The members of the group will be involved initially for about 12 months but they can stay involved for longer if they like.

The group will talk about things that are important to them and what they think needs to change.

This will be used to help the Scottish Government, COSLA and the National Suicide Prevention Leadership Group to deliver the Suicide Prevention Action Plan, this sets out all the things they are doing to reduce rates of suicide in Scotland.

## **Why should I get involved?**

The group will be a good chance to meet new people and share ideas. It will be an opportunity to talk about how young people can get better support and experience better wellbeing.

It will be a chance to make a really important change across Scotland and ensure young people's views are heard. It will help the Scottish Government and other decision makers make sure their decisions reflect what young people need.

Members of the group will learn new skills and can get a Participative Democracy Certificate (an SCQF level 5 qualification), if they want. Participants will also receive payment for being involved.

## Who else will be involved?

The group will involve about 10-15 young people who are interested in taking part.

There will also be a range of adults involved:



Chris has worked at Children in Scotland for 5 years and works on different projects with children and young people. He plays cricket and loves coffee.



Elaine works with Chris and also does a lot of work with children and young people. She lives in Edinburgh and loves singing and dancing.



Lynne works at the University of Stirling doing research into the experiences of children who have been referred to CAMHS for suicidality. Lynne loves mountain biking and walking her dog.



Jenny works under the NSPLG and is tasked with supporting this group to consider young people's needs in this work. Jenny loves baking mostly for the cake eating that comes with it and recently has gotten a puppy.

## What support will I get to take part?

The group will be working directly with Elaine and Chris. Lynne will also support the group meetings, and Jenny will attend at different points. All the adults are here to provide support and make sure everyone's voice is heard.

To make sure you have the support you need for the project, you will need to let us know about an organisation you work with who support you. This will mean we can keep in touch easily and make sure the project works for everyone. You would be welcome to bring your worker with you to any meetings or arrange for them to be around if you would like to catch up with them after the meeting.

The project will also be supported by a counselling service that you will be able to access if you need.

If you have any additional support needs, we would be happy to discuss any specific supports we can put in place to enable you to take part. We can also help provide wi-fi or phone top ups to support you to participate.

### **How do I get involved?**

You just need to let us know you would be interested in taking part by getting in touch with us at [cross@childreninscotland.org.uk](mailto:cross@childreninscotland.org.uk).

When emailing us we need you to tell us the following information:

- Name
- Age
- Where in Scotland you live

We also need you to answer the following questions:

- Why is it important that the views of children and young people with lived experience are considered by decision-makers, including the Suicide Prevention Leadership Group?
- What do you like doing in your spare time and why?

When sending us an email to say you are interested please copy in an adult from the organisation who will provide you support during the project. This will mean we can keep in touch with both of you.

You can send us the answer to these questions just in an email. Or you may prefer to send us a short film? Or share your answers in a poem or poster? That's great! Just email those to us.

All of the information you share with us will be stored securely in line with Children in Scotland's data protection policy. Let us know if you want to know more about this.

### **What if I want to stop being involved?**

That is absolutely fine! It is totally up to you if you want to stop being involved, you just need to let us know.

It is also fine to take some breaks from the project and to skip meetings if you don't feel up to it. Your participation is based on what works for you and we can adapt things to this.