

DRAFT- Making Recovery Real Partnership: Suicide Survey 2022

The Making Recovery Real Partnership (MRR) was established in 2014/15 to take a co-produced approach to the implementation of Moray's Mental Health and Wellbeing strategy (Good Mental Health for all in Moray 2016 - 2026). Suicide prevention and supporting those affected by suicide, is a key part of this work.

We need

your support in completing this survey to help us understand the current picture around suicide prevention in Moray, and what more can be done to save lives and support those affected by suicide.

A wealth of Moray organisations, groups and individuals contribute to suicide prevention. However, the details of the activities and the numbers of people they support is not fully understood. MRR partners need to understand what is currently happening to get an idea of what more could be done.

We recognise that the subject of suicide can be very sensitive and distressing for so many people and it impacts on many people's lives; friends, families, communities and those who have attempted suicide. Therefore it is important to take a bit of time to reflect on the things that we are doing to reduce and prevent suicide; listen to what people say, and use this information to try make improvements, where we need to.

There is a wealth of skill, and experience in Moray, ranging from large statutory services, third sector organisations, small community projects and people with lived and personal experience. We would like to hear from you and ask you what think. If you have personal and lived experience and/or if you provide a service or services.

**The more responses we
get the more it will help us to make the changes.**

INSTRUCTIONS:

CONTACT DETAILS: You can provide your contact details if you wish.

PART 1: Please complete this section if you provide a service or resource. We know there is a lot of preventative work taking place in Moray that is related to suicide prevention and support. This might be part of general work, what you are doing as part of your day to day activities.

We would like you to think whether there are things you do that are **specifically and explicitly** aimed at preventing suicide **and/or** supporting those impacted by suicide or attempted suicide; and tell us about it.

PART 2: You can fill in this section if you would like to tell us what you think about services and resources in Moray. What we could do differently or change, what we could improve, what should we stop doing, and what should we start doing.

∅
You will see that we have asked if you would like to be contacted for a follow up interview. We recognise that some people prefer to chat about things. We would love to talk to you.

∅
We will only contact you if you give us permission to do so.

∅
You can write as much or as little as you want. The boxes will expand as you type, so there is no word limit.

*Required

Contact details

*** If you re filling**

in this form as an individual, and not as part of an organisation or group, you can do so anonymously

1. **Name of person completing this survey***

* If you re filling in this form as an individual, and not as part of an organisation or group, you can do so anonymously

2. **Phone number**

3. **Email address**

4. **Select the option that applies to you (selection of multiple options possible)**

Tick all that apply.

- I am currently experiencing / living with suicidal thoughts myself
- I have experienced suicidal thoughts myself
- I am bereaved by someone who has completed suicide (family member or friend)
- I am a concerned community member
- I support people with suicidal thoughts in a professional capacity
- I support people who are bereaved by someone completing suicide

5. **If you are completing this survey as part of a organisation or group, please specify here.**

6. **Are you happy for us to save your contact details and contact you again in the future?** *

Tick all that apply.

- Yes
 No

7. **We would like to do some follow up interviews. Would you be happy for us to contact you, in order for you to take part in a follow up interview?** *

Tick all that apply.

- Yes
 No

**PART 1 -
Resource
and/or
service
providers**

Please complete this section if you provide a service or resource. We know there is a lot of preventative work taking place in Moray that is related to suicide prevention and support. This might be part of general work, what you are doing as part of your day to day activities.

We would like you to think whether there are things you do that are **specifically and explicitly** aimed at preventing suicide **and/or** supporting those impacted by suicide or attempted suicide; and tell us about it.

8. **Please tell us about any work that you are doing which is explicitly aimed at suicide prevention. For example, this could include working with family/friends of those who have attempted suicide, those who have been bereaved, or those who have attempted suicide.**

9.

If you are doing any work which is explicitly aimed at suicide prevention or supporting people affected by suicide, then please tick (ü) any of the boxes that are appropriate.

Mark only one oval.

- Working with and supporting people who are living with suicidal thoughts
- Working with and supporting friends and family of people who have survived
- Working with and supporting friends and family of the deceased
- Working with and supporting young people (10+ to 18yrs); friends and family, of the deceased
- Responding to the attempted suicide of a person
- Working with and supporting adults (18+) who have survived
- Working with and supporting young people (10+) who have survived
- Providing training and development on suicide prevention, support and interventions
- Other. Please specify below
- Other: _____

10. **If you don't think that you are doing any explicit work relating to suicide, then please say if you would like support in helping you to develop work in this area. We can then have a chat, with your agreement, about what this might be.**

PART 2 - Your experiences with services and/or resources

You can fill in this section if you would like to tell us what you think about services and resources in Moray. What we could do differently or change, what we could improve, what should we stop doing, and what should we start doing.

11. **What is working well?**

12. **What should we change or do differently?**

13. **What should we improve? Think about how we could evidence any improvement.**

14. **What should we stop doing?**

15. **What should we start doing? Think about any information you may have to help us with this.**

16. **Use this space to tell us anything else.**

17. SUGGESTION re partnership peer research: Hopelessness is one of the indicators that is often linked to suicidal thoughts.

If we were to provide positive messages around Moray aimed at reducing harmful behaviour. What images, symbols, slogans or other suggestions would best stimulate or generate hope?

18. SUGGESTION: If you would like to be involved in creation or selection of hopeful messages, please provide your email address or contact details below.

Or alternatively send us a contribution of hopeful messages to:
hello@moraywellbeinghub.org.uk by **DEADLINE.**

CHANGE DETAILS AND DEADLINE

If you would like to ask a question or talk about this survey, then please do not hesitate to contact the MRR partnership lead for the suicide prevention working group, Paul; on the details below.

Paul Johnson: MADP Manager

Paul.johnson@moray.gov.uk

07967 745852

-
PLEASE RETURN THE SURVEY TO PAUL JOHNSON (Paul.johnson@moray.gov.uk) BY 24/09/21

This content is neither created nor endorsed by Google.

Google Forms