



**Podcast series: 'Surviving Crisis: Learning from Lived Experience'**

**Tuesday 30 January, 2024**



**Overview:**

Volunteers on West Yorkshire Health and Care Partnership's Suicide Prevention Coproduction project have used their own experiences to create a podcast series which aims to support staff working with people in mental health crisis across West Yorkshire.

The series, called 'Surviving Crisis: Learning from Lived Experience', consists of five episodes, each 20-30 minutes long and covering different themes.

All the volunteers involved have personal connections to suicidal crisis – either from being in that position themselves or supporting someone else – and are part of the [Suicide Prevention Coproduction Project](#), funded by WY HCP's Suicide Prevention Programme and facilitated by Leeds Mind.

The episodes have been developed using insight from frontline health and care staff who were asked in advance to share their thoughts on what they would like discussed through the series. Volunteers were conscious they didn't want only to share their own experiences; they wanted to address specific issues and concerns raised by those who work in this field.

After reading through staff's reflections, five themes for each episode emerged:

Ep 1 - 'Is there anything that you would want to ask a person with experience of suicidal ideation, that you feel you can't ask in your everyday work?'

Ep 2 - What ideas/tips/advice that you are advised to give out do you feel works for people in crisis most effectively?

Ep 3 - 'Does anything worry you about having a conversation with someone who is suicidal?'

Ep 4 - 'Barriers to accessing crisis services.'

Ep 5 - 'Recommendations for change and our visions for the future.'

The volunteers said they hope the podcasts will provide helpful first-person accounts for staff and lead to positive changes for people experiencing mental health crisis in the future.

The episodes are hosted on the WY HCP's West Yorkshire Suicide Prevention website at: [Volunteers with experience of suicide create podcast series to support staff who work with people in crisis :: WYH Suicide Prevention \(suicidepreventionwestyorkshire.co.uk\)](https://www.suicidepreventionwestyorkshire.co.uk)

\*\*\*Please share the website link when promoting the podcast episodes.\*\*\*

### **Series launch (all episodes will be live from the start):**

**w/c February 5<sup>th</sup> - promotion of series and episode 1**

#### **Weekly promotion of individual episodes:**

**w/c February 12<sup>th</sup> – episode 2**

**w/c February 19<sup>th</sup> – episode 3**


**w/c February 26<sup>th</sup> – episode 4**

**w/c March 4<sup>th</sup> – episode 5**

For more information about the podcasts please contact George Ellis, current coproduction contract co-ordinator, on [George.ellis@leedsmind.org.uk](mailto:George.ellis@leedsmind.org.uk).



## 'Surviving Crisis: Learning from Lived Experience' – communications toolkit

Overall series: 'Surviving Crisis: Learning from Lived Experience' and episode one – from w/c Monday Feb 5 <sup>th</sup> .		
Suggested content:	Image	Alt text
<p><b>Newsletter inclusion:</b>  <a href="#">Suicide prevention – new podcast launching</a>            A new podcast series has just launched with the aim of supporting staff working with people in mental health crisis across West Yorkshire. The five-episode series, called 'Surviving Crisis: Learning from Lived Experience' has been created by volunteers on West Yorkshire Health and Care Partnership's Suicide Prevention Coproduction Project, who all have experience of suicidal crisis. The series uses insights from frontline health and care staff who were asked in advance to share their thoughts on what they would like discussed. Listen to the podcasts <a href="#">online on the suicide prevention website</a>. Episode one takes a look at what staff might want to ask a person with experience of suicidal ideation that they feel they can't ask in every day work.</p> <p><b>Twitter (X) - series:</b></p>	<p>Series graphic:</p> 	<p>Image is blue background with a picture of a set of headphones and reads: 'Surviving Crisis: learning from lived experience. A suicide prevention podcast.'</p>



Do you work with people in mental health crisis? A new podcast series created by volunteers with experience of suicidal crisis aims to support staff in helping others in the future.

Listen online here:

<https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>

@leedsmind @wypartnership #WYSuicidePrevention

#### Twitter (X) - Episode 1

Episode 1 of a new podcast series sees volunteers with experience of suicidal crisis answers questions from frontline health & care staff that they feel they can't ask in everyday work.

Listen online: <https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>

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#### Instagram/Facebook

Do you work with people in mental health crisis? A new podcast series created by volunteers with experience of suicidal crisis, aims to support staff in helping others in the future.



Image is blue background with a picture of a set of headphones and reads: 'Surviving Crisis: learning from lived experience. A suicide prevention podcast. Episode 1: anything you would ask?'



The series – ‘Surviving Crisis: Learning from lived experience’ – consists of five episodes, each 20-30 minutes long and covering different themes.

All the volunteers have personal experience of suicidal crisis – either from being in that position themselves or supporting someone else. The podcast is aimed at supporting those working in health and care to help others in crisis and has been developed using insight from staff, who were asked in advance to share their thoughts on what they would like discussed in the series.

Episode one takes a look at what staff might want to ask a person with experience of suicidal ideation that they feel they can’t ask in every day work.

The podcast is part of a Suicide Prevention Coproduction Project funded by West Yorkshire Health and Care Partnership and facilitated by Leeds Mind, to bring the voice of lived experience into suicide prevention work.

Click (**instagram: the bio**) for a link to this episode and more. (<https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>)@leedsmind @wypartnership #WYSuicidePrevention

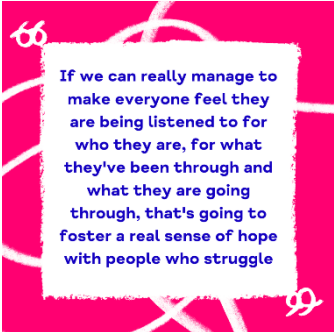


Image shows a quote from the podcast episode: ‘If we can really manage to make everyone feel they are being listened to, for what they’ve been through and what they are going through, that’s going to foster a real sense of hope with people who struggle.’”

**Episode 2: Ideas, tips and advice – promotion w/c Monday February 12th**



**Newsletter inclusion:**

The second episode of a new podcast series aimed at supporting health and care staff who work with people in suicidal crisis hears those with experience share their thoughts on tips and advice regularly given for managing mental health crisis. The importance of spending time with people and exploring “tailored options” is one of the key messages from the volunteers who took part in the episode. Each have personal experience of suicidal crisis – either from having been in that position themselves or supporting someone else. Find out more on the podcast series and listen to the latest episode, and more, on the [West Yorkshire Suicide Prevention Website](https://suicidepreventionwestyorkshire.co.uk).

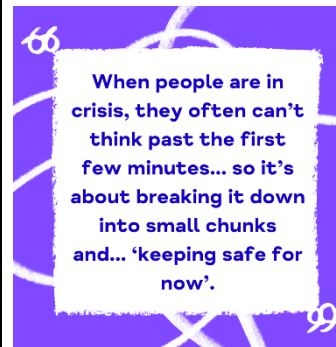
**Twitter (X)**

Ep 2 of a new podcast series hears volunteers with experience of suicidal crisis discuss advice given for managing mental health. It aims to support healthcare staff help others in future. Listen: <https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>  
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**Instagram/Facebook**

Episode 2 of a new podcast series hears volunteers with experience of suicidal crisis discuss their thoughts on common advice given for managing mental health.

**Image**



**Alt text**

Image is blue background with a picture of a set of headphones and reads: ‘Surviving Crisis: learning from lived experience. A suicide prevention podcast. Episode 2: Ideas, tips and advice

Image shows a quote from the podcast episode: “When people are in crisis, they often can’t think past the first few minutes... so it’s about breaking it down into small chunks and...’keeping safe for now’.”



<p>The importance of spending time with people and exploring “tailored options” is one of the key messages from the volunteers who took part in the episode.</p> <p>The podcast is aimed at supporting those working in health and care to help others in the future and has been developed using insight from staff, who were asked in advance to share their on what they would like discussed in the series.</p> <p>All the volunteers involved have experience of suicidal crisis – either from being in that position themselves or supporting someone else. It is all part of a Suicide Prevention Coproduction Project funded by West Yorkshire Health and Care Partnership and facilitated by Leeds Mind, to bring the voice of lived experience into suicide prevention work.</p> <p>Click (<b>instagram: the bio for a</b>) link to this episode and more.  <a href="https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis">https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis</a>)</p>		
<p><b>Episode 3: Anything worry you? – promotion w/c Monday Feb 19th</b></p>		
<p><b>Suggested content</b></p>	<p><b>Image</b></p>	<p><b>Alt text</b></p>



**Newsletter inclusion:**

The third episode of a new podcast series aimed at supporting health and care staff who work with people in suicidal crisis hears those with experience address worries from staff around having discussions with people who are suicidal. The episode seeks to offer support and reassurance to staff and emphasises the importance of genuine, compassionate care.

The episode is the latest in a series made by volunteers on a suicide prevention project who each have experience of suicidal crisis – either having been in that position themselves or supporting someone else. Find out more on the podcast series and listen to the latest episode, and others, on West Yorkshire Health and Care Partnership’s [West Yorkshire Suicide Prevention Website](https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis).

**Twitter (X)**

Ep 3 of a new podcast series hears volunteers with experience of suicidal crisis offer support to health staff worried about conversations & stresses importance of 'genuine compassionate care'.

Listen: <https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>

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**Instagram/Facebook**

**Episode 3 graphic:**



Image is blue background with a picture of a set of headphones and reads: 'Surviving Crisis: learning from lived experience. A suicide prevention podcast. Episode 3: Anything worry you?'

Image shows a quote from the podcast episode which reads: 'It's not the minor details, rather that genuine sense of kindness, compassion, really being listened to....'





<p>This week we're listening to episode three of a new podcast series which hears volunteers with experience of suicidal crisis offer support to health staff worried about having conversations and stressing the importance of 'genuine compassionate care'. The podcast is aimed at supporting those working in health and care to help others in the future and has been developed using insight from frontline staff, who were asked in advance to share their thoughts on what they would like discussed in the series. All the volunteers involved have experience of suicidal crisis – either from being in that position themselves or supporting someone else. It is all part of a Suicide Prevention Coproduction Project funded by West Yorkshire Health and Care Partnership and facilitated by Leeds Mind, to bring the voice of lived experience into suicide prevention work.</p> <p>Click (<b>instagram: the bio for a</b>) link to this episode and more. (<a href="https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis">https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis</a>)</p>		
<p><b>Episode 4: Barriers to access – promotion w/c Monday February 26<sup>th</sup></b></p>		
<p><b>Newsletter inclusion:</b> In the fourth episode of a new podcast series aimed at supporting health and care staff who work with people in suicidal crisis, volunteers with experience consider the barriers accessing mental health services from their perspective as well as those shared by</p>	<p><b>Episode 4 graphics</b></p>	<p><b>Alt text</b> Image is blue background with a picture of a set of headphones and reads: 'Surviving Crisis: learning</p>



practitioners and suggest practical advice and solutions which may better support staff and people in crisis in the future. The episode is the latest in a series made by volunteers on a suicide prevention project and each has experience of suicidal crisis – either from having been in that position themselves or supporting someone else. Find out more on the podcast series and listen to the latest episode, and more, on West Yorkshire Health and Care Partnership’s [West Yorkshire Suicide Prevention Website](#).

**Twitter (X)**

Ep 4 of a podcast series aimed at supporting staff who work with people in crisis hears volunteers with experience discuss barriers to accessing services and makes recommendations for the future.

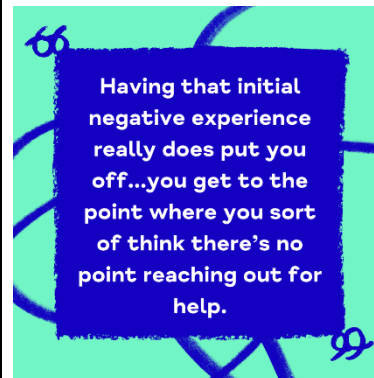
Listen: <https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>

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**Instagram/Facebook**

Episode four of a new podcast series hears volunteers with experience of suicidal crisis discuss barriers to accessing services and suggests recommendations for the future.


The podcast is aimed at supporting those working in health and care to help others in crisis and has been developed using insight from frontline staff, who were asked in advance to share their thoughts on what they would like discussed in the series.



from lived experience. A suicide prevention podcast. Episode 4: Barriers to access

Image shows a quote from the podcast episode: “Having that initial negative experience really does put you off... you get to the point where you sort of think there’s no point reaching out for help.”



<p>All the volunteers involved have experience of suicidal crisis – either from being in that position themselves or supporting someone else. It is all part of a Suicide Prevention Coproduction Project funded by West Yorkshire Health and Care Partnership and facilitated by Leeds Mind, to bring the voice of lived experience into suicide prevention work.</p> <p>Click (<b>instagram: the bio for a</b>) link to this episode and more. (<a href="https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis">https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis</a>)</p>		
<p><b>Episode 5: Changes and the future – promotion w/c Monday March 5th</b></p>		
<p><b>Suggested content:</b></p>	<p><b>Image</b></p>	<p><b>Alt text</b></p>
<p><b>Newsletter inclusion</b></p> <p>In the fifth and final episode of a podcast series aimed at supporting health and care staff who work with people in suicidal crisis and created by volunteers with experience, the discussion focuses on first-hand experiences of accessing services and offers their thoughts on advice and solutions to improve practice, as well as the wider system, in the future.</p> <p>The podcast series was launched last month and has been made by volunteers on a suicide prevention project, each with experience of suicidal crisis – either having been in that position themselves or supporting someone else. Find out more on the podcast series and</p>	<p>Episode 5 graphics:</p> 	<p>Image is blue background with a picture of a set of headphones and reads: ‘Surviving Crisis: learning from lived experience. A suicide prevention podcast. Episode 5: Change and the future.’</p>



listen to all the episodes, on West Yorkshire Health and Care Partnership's [West Yorkshire Suicide Prevention Website](#).

**Twitter (X)**

In the final episode of a podcast series aimed at supporting staff who work with people in crisis, volunteers with experience give first-hand accounts of accessing services. Listen to all episodes at: <https://suicidepreventionwestyorkshire.co.uk/news-and-blogs/news/volunteers-experience-suicide-create-podcast-series-support-staff-who-work-people-crisis>  
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**Instagram/Facebook**

In the fifth and final episode of a new podcast series, volunteers with experience of suicidal crisis share some of their personal accounts of accessing mental health services. The podcast is aimed at supporting those working in health and care to help others in crisis and has been developed using insight from frontline staff, who were asked in advance to share their thoughts and opinions on what they would like to hear discussed in the series. All the volunteers involved have experience of suicidal crisis – either from being in that position themselves or supporting someone else. It is all part of a Suicide Prevention Coproduction Project funded by West Yorkshire Health and Care Partnership and facilitated by Leeds Mind, to bring the voice of lived experience into suicide prevention work.

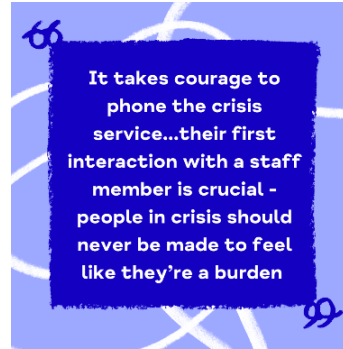


Image shows a quote from the podcast episode: “It takes courage to phone the crisis service... their first interaction with a staff members is crucial – people in crisis should never be made to feel like they’re a burden.”



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