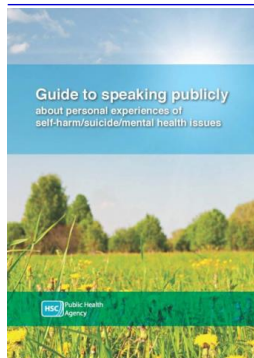


Friday, 08 September 2017

## [Health and Social Wellbeing Improvement](#)



These publications provide advice for people who have been asked to speak in public about their personal experiences of self-harm, suicide or other mental health issues, and the organisations that may be supporting them.

The *Guide to speaking publicly* is aimed at individuals considering an invitation to speak. It aims to help them think through whether now is the right time for them to share their experience and, if they choose to do so, it provides them with some useful tips on how to proceed.

The *Guidance notes for organisations* offers advice on how organisations can support someone in sharing their lived experience of self-harm, suicide or other mental health issues in a way that protects the wellbeing of both the speaker and the audience.

## Details

Format

A4, 8 pages and 3 pages, PDF only

Target group

People who intend to share their experience of self-harm/suicide/mental health issues and organisations supporting them.

## Downloads

Attachment	Size
<a href="#">Guide to speaking publicly 09_17_final_0.pdf</a>	531.3 KB
<a href="#">Guidance notes for organisations 09_17_final.pdf</a>	371.3 KB

## Tags

- [self-harm](#)
- [suicide](#)
- [mental health](#)

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