

ory  
gen

## TOP 10 TIPS FOR YOUNG PEOPLE INVOLVED IN SUICIDE PREVENTION RESEARCH

This resource provides ten tips for young people who are either currently involved in or considering involvement in suicide prevention research.

Being involved in suicide prevention research can be exciting, rewarding, an opportunity to give back to your community and can provide a valuable learning experience. Contributing to youth suicide research through active involvement can help ensure that policies, programs and services best meet young people's needs. Young people are experts in their own lives and need to be recognised as such in youth suicide research.

That said, it's essential to put yourself first and take care of yourself when getting involved. To help you navigate the challenges of involvement in suicide research, a group of young people with lived and living experience and suicide prevention researchers came up with 10 tips to make sure your experience is as meaningful and safe as possible.

**YOU CAN USE THESE TIPS AS A STARTING POINT AND ADD MORE IF YOU WANT TO!**

For more information about how to talk about suicide safely visit #chatsafe at <https://www.orygen.org.au/chatsafe>

### TIPS

#### Are you ready?

Only begin your involvement when you feel ready to. You are under no obligation to disclose your lived or living experience and should only do so if you feel comfortable.

#### Think ahead

Consider the potential positive and negatives of involvement on your well-being.

#### Identify your triggers

It can be helpful to consider what topics are likely to be distressing for you and let the researcher/s know prior to your involvement.

#### Set boundaries

Think about your boundaries before your involvement. Only be involved in activities you are comfortable with. This could help prevent you from becoming distressed/upset during your involvement or regretting things later.

#### Be honest

If you decide to share your story, do your best to be honest about your symptoms/lived or living experience in the recruitment process.

### ASK YOURSELF...

- Why do I want to share my experience?
- Is now the best time to share my experience?
- Is there something that would help me feel more ready?

- How might my involvement be good for me?
- How might my involvement be bad for me?
- How might I feel during and after my involvement?

- Am I comfortable talking about means or methods of suicide?
- How about the content of suicide notes?
- Is there anything else that might trigger me?

- What am I comfortable sharing?
- What am I not comfortable sharing?
- Who am I comfortable sharing with?
- When might I be most comfortable sharing? (for example, am I happy to do this in the evening?)

- What are my lived (previous) experiences?
- What are my living (current) experiences?
- What am I comfortable talking about with researchers?



## REVOLUTION IN MIND *ory gen*

### GET IN TOUCH

IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL +61 3 9966 9100 OR SEND AN EMAIL TO [INFO@ORYGEN.ORG.AU](mailto:INFO@ORYGEN.ORG.AU)

[ORYGEN.ORG.AU](http://ORYGEN.ORG.AU)

### ORYGEN LTD

35 POPLAR ROAD  
PARKVILLE VIC 3052  
AUSTRALIA

### FOLLOW US ON



Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to First Nations people living today.



## TIPS

### Share safely

Your experiences are important, but it's important to learn how to share them safely. Use safe language when talking about suicide, including avoiding stigmatising or glorifying suicide, or discussing suicide methods.

### Consider others

Suicide is a sensitive topic. Consider the consequences for other people when sharing your lived and living experience with other people.

### Ask for help

You're allowed to ask for support any time during your involvement. This can be support from researchers, professional / psychological support, or support from family and friends.

### Take breaks

You can pause or change the nature or extent of your involvement when you feel it is in your best interest. This includes asking to reschedule your involvement if you're not feeling up to engaging at that moment in time.

### It's okay to stop

You can tell the researcher/s if you are feeling upset or distressed and want to opt out of being involved. They won't get upset, they just want what's best for you!

## ASK YOURSELF...

- How can I make the way I share my experiences more safe?
- How can I avoid unsafe language?
- Where can I learn more about talking about suicide safely?

- How could my story affect others?
- How can I consider others when telling my story?
- How will I talk about my involvement with my friends, family, or community?

- Do I need more support from the researchers?
- Do I need more professional / psychological support?
- Do I need more support from my family and friends?

- Is there a better time for me to be involved?
- Would it help me to take a break?
- Would I prefer to be involved less or in a different way?
- Would stopping my involvement help me?

- Is the research making me distressed or upset?
- Would I feel better if I wasn't involved?