

Learning from Lived Experience Suicide Prevention Project

A snapshot into the data.

www.lelan.org.au

Project description:

The **Learning from Lived Experience Suicide Prevention Project** gathered lived/living experience insights and solution ideas for improving community, service and system responses to suicide distress/crisis. We wanted to know what helped, what harmed, and what could be done better. This specific focus was chosen as the lived experience community frequently tell us that service responses in times of crisis are inadequate, and even compound the distress they are experiencing.

Who we heard from: *These statistics are for all survey respondents



101 people

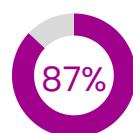
with lived experience participated in the project.

85 people

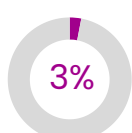
had personal lived/living experience of suicide.

16 people

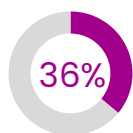
supported someone through distress/crisis OR been bereaved by suicide.



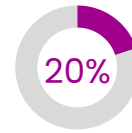
87% Caucasian



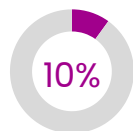
3% Aboriginal or Torres Strait Islander



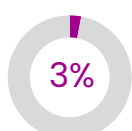
36% Sexually diverse



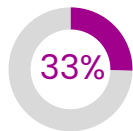
20% Living in regional, rural or remote Australia



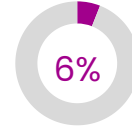
10% Culturally and linguistically diverse



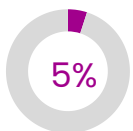
3% Person of colour



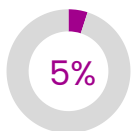
33% Heterosexual



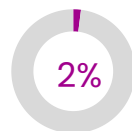
6% Youth (25 or younger)



5% Refugee or migrant

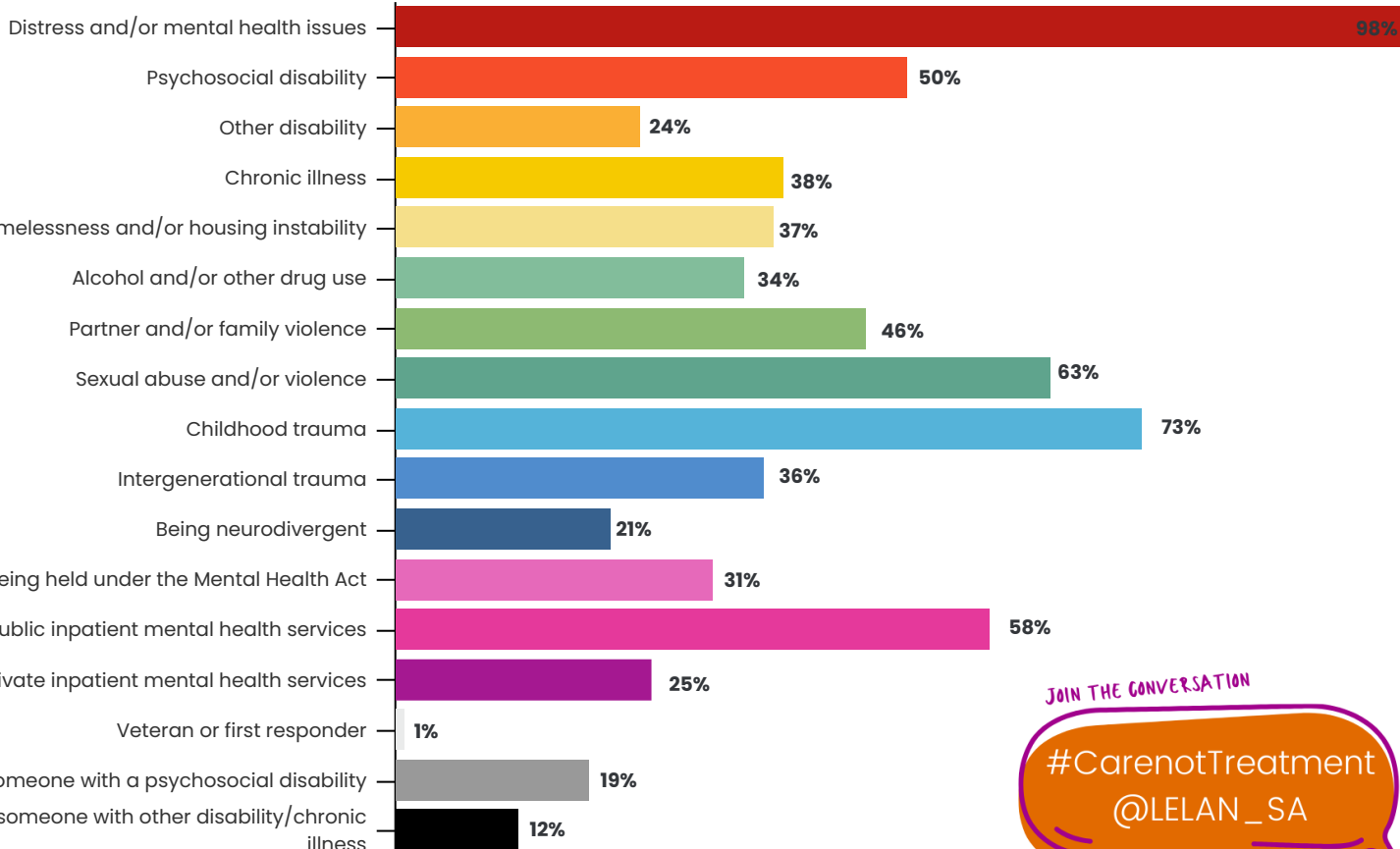


5% Trans or gender diverse



2% Older person (65 or older)

Their lived experiences: *



JOIN THE CONVERSATION

#CarenotTreatment
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Lived experiences with suicide distress/crisis: **These statistics are for personal lived/living experience survey respondents



96% have experienced **suicidal thoughts** in the past

47% currently experience suicidal thoughts but manage them

33% currently experience suicidal thoughts but manage them with supports



71% have survived a suicide attempt/s

40% live with a suicidal 'part'

Service experience: **



76% strongly disagreed /disagreed that services and supports adequately met their needs

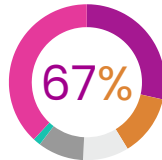
63% felt that care and support the first time they reached out was much worse than expected



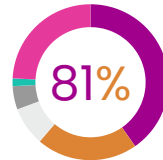
54% felt their previous history affected their subsequent care

66% stated their opinion of supports available changed for the worse after their experience

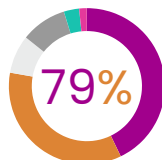
Suicide distress/crisis experiences: **



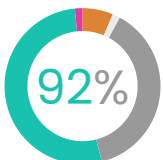
strongly disagreed /disagreed that they felt validated and heard by helplines



strongly disagreed /disagreed that they felt comfortable and safe in the emergency department

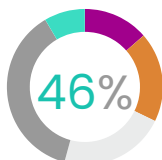


strongly disagreed /disagreed that they felt able to be honest with others about their thoughts and feelings

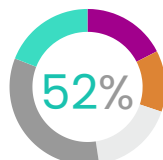


strongly agreed /agreed that they felt alone and like they had to work it out themselves

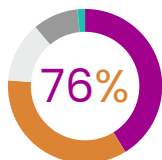
Thinking about tomorrow: **



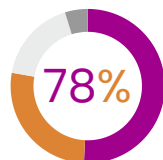
strongly agreed /agreed that they are hopeful the response to suicide distress/crisis in Australia is changing for the better



strongly agreed /agreed that they would know where to go for help if they were supporting someone through suicide distress/crisis tomorrow



strongly disagreed /disagreed that they felt comfortable services would adequately meet the needs of someone in suicide distress/crisis tomorrow



strongly disagreed /disagreed that they felt confident services wouldn't hurt or harm someone in any way tomorrow

Key for statistics

● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree ● Not applicable