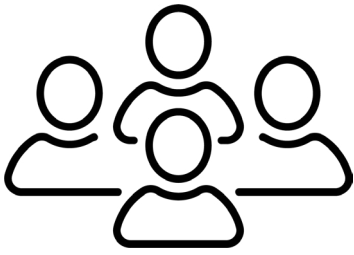


**Our stories matter:  
An easy read guide  
to telling your story  
about suicide.**



## **Suicide can affect people in many ways.**

There are lots of different experiences of suicide.

Some people may have thoughts about suicide.

Some people may have tried to take their own life.

Some people may care for, or support, other people who are going through these experiences.

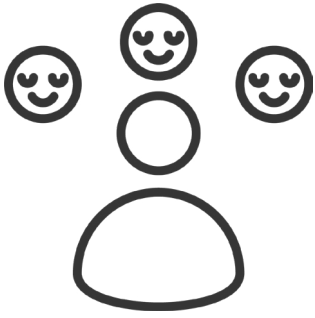
Some people may have lost someone, that they love, to suicide.



## Lived and living experience.

All of these people have what is called a **“lived or living experience”** of suicide.

If you are one of these people, you may have an important story you want to share with others.



## **Our stories are powerful.**

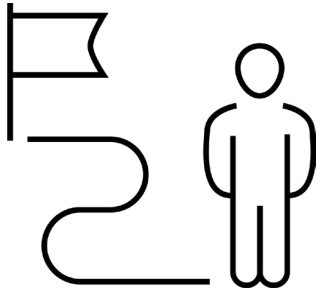
Sharing your story of suicide can help other people.

It can help you find purpose.

But it can also be hard and scary.

It is important when sharing your story that you feel safe.

It is also important that the people seeing, hearing, or reading your story feel safe too.



## Preparing for sharing.

This resource helps you to prepare how to share your story.

Preparing means you are ready for the ups and downs that you may feel from sharing your story.

This guide has been co-created by people with a lived and living experience.

The following **10 steps** will help you share your story in a safe way.

# 1

If you can, talk to someone who has shared their story before.

They can help you to prepare to share yours.

One of the ways you can do this is to talk to a mental health, or suicide prevention organisation.

They may help you find people who have shared their story before.

# 2

Decide if you are ready to share your story.

This can change day by day depending on how you feel.

That is okay.

Share your story on a day when you are feeling safe and comfortable.

It is okay to decide to not share your story in the moment if it does not feel right for you.

# 3

Create your key message.

You may have more than one key message that you want people to understand.

What is it that you want people to know, remember, or take away from your story?

# 4

Practice sharing your story and your key message with someone you trust.

This might be a friend or a support person.

It can be helpful to bring a support person with you when you talk to the media.

5

Plan where you want to share your story.

It might be places like social media, TV, or radio.

Understanding the ways that these types of media are different to each other can help you plan how and where you want to share your story.

6

Think about who might be listening to your story.

This will help you choose what part of your story you want to share.



7

Remove details that might make you, or your audience, feel distressed.

For example: sharing details about how someone died or hurt themselves could be upsetting for you to talk about.

It could also be distressing for your audience to hear.

8

Be ready for people to ask you questions about your story.

It is okay to not answer these questions if you do not want or feel able to.

# 9

Share **your** story.

# 10

After sharing your story, do something for yourself.

This may be an activity you enjoy, or just having a rest

You may feel very tired after sharing your story.



## Be proud and take care of yourself.

Sharing your story is not easy, but it can save lives.

**After** sharing your story, make sure you look after yourself by resting or doing things you enjoy.

### **You could:**

- Listen to music.
- Go outside for a walk.
- Talk to a friend.
- Make your favourite food.

Remember that sharing your story is a brave and important thing to do.

Be proud of yourself for making a positive difference.