

Dear Sir or Madam,

My name is Hollie Smith, and I am a researcher at Teesside University working on the following research project:

‘Co-production of an evidence-based framework and related guidance for practitioners on personalised risk management and safety planning for adults experiencing suicidality’.

The principal investigator is Katherine McGleenan (katherine.mcgleenan@cntw.nhs.uk), North East and North Cumbria Suicide Prevention Network. The study is funded by the North East and North Cumbria, NIHR Applied Research Collaboration.

The research is being done to find out how to support mental health practitioners to work with people to develop a suicide safety plan that is personal to them. A suicide safety plan is what people would want to do, and who might support them, when they are experiencing suicidal thoughts

We are inviting people to take part in this study who meet all the following criteria:

- Aged 18 years or over
- Current or previous lived experience of suicidal thoughts and/or behaviour
- Willingness to provide a named contact from an organisation they are receiving support, and for this person to be made aware they are taking part in the study

Attached to this email/letter is the participant information sheet to help you decide whether you would like to take part or not.

If after reading the participant information sheet, you are interested in take part, please return the reply sheet (“first contact proforma”) at the bottom of the participant information sheet.

If you have any questions about the project, please contact me via email on **h.a.smith@tees.ac.uk**

Thank you for reading this invitation.

Kind regards,

Hollie Smith

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