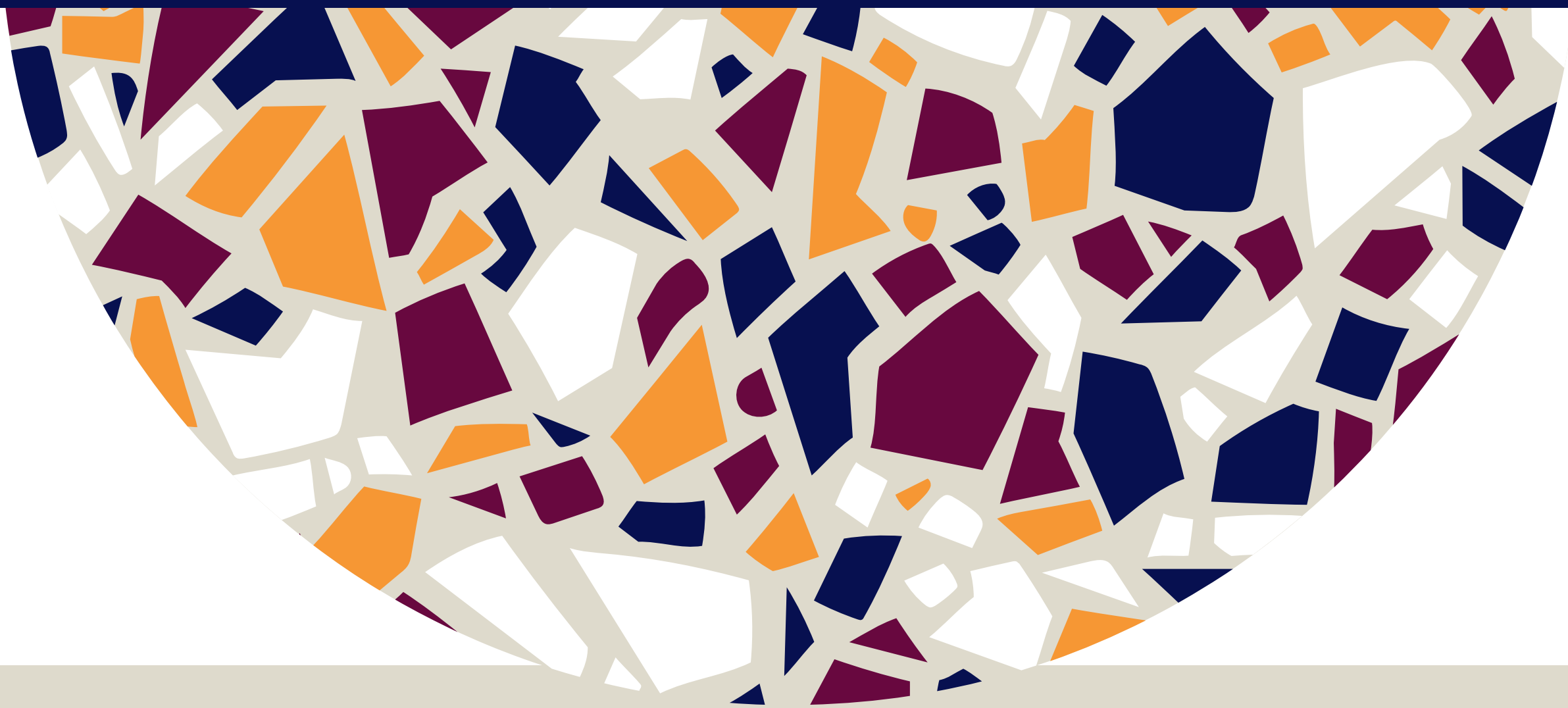
A look into how

# Lived Experience

informs our work

NSRF



The National Suicide Research Foundation

# What is Lived Experience?

Lived Experience informed research is research carried out ‘with’ or ‘by’ members of the public with lived experience rather than ‘to’, ‘about’ or ‘for’ them.

Individuals whose life is deeply affected by suicide or self-harm have a unique and valuable perspective and make significant contributions to our research.

For us in the NSRF, Lived Experience involves **embedding the voices of people with lived experience into all aspects of our research and practice**.

# Lived Experience involvement in research

## IMPLEMENTATION

- Advocating for change
- Using evidence
- Designing/ implementing interventions

## DISSEMINATION

- Co-designing outputs and dissemination plans
- Presenting research
- Writing papers

## DEVELOPING RESEARCH

- Co-producing proposals
- Identifying research priorities

## UNDERTAKING RESEARCH

- Advisory role
- Assisting with recruitment
- Interpreting findings

# Our Lived Experience Panel

In **2024**, the NSRF established its first panel of Lived Experience Representatives, who **contribute to all aspects of our research and activities as an organisation**.

Guided by **principles of mutual respect, empowerment, flexibility and inclusive research structures**, our panel are involved in the co-production of research proposals, the interpretation of findings, and codesigning outputs and dissemination plans.

Lived Experience panel contributions include input into the design, development, and implementation of our research projects, as well as the dissemination of our findings.

Our panel have actively contributed to a variety of our projects, including:

public consultations for the latest national suicide and self-harm reduction strategy




review of HSE Toolkit for prevention of suicides in public places



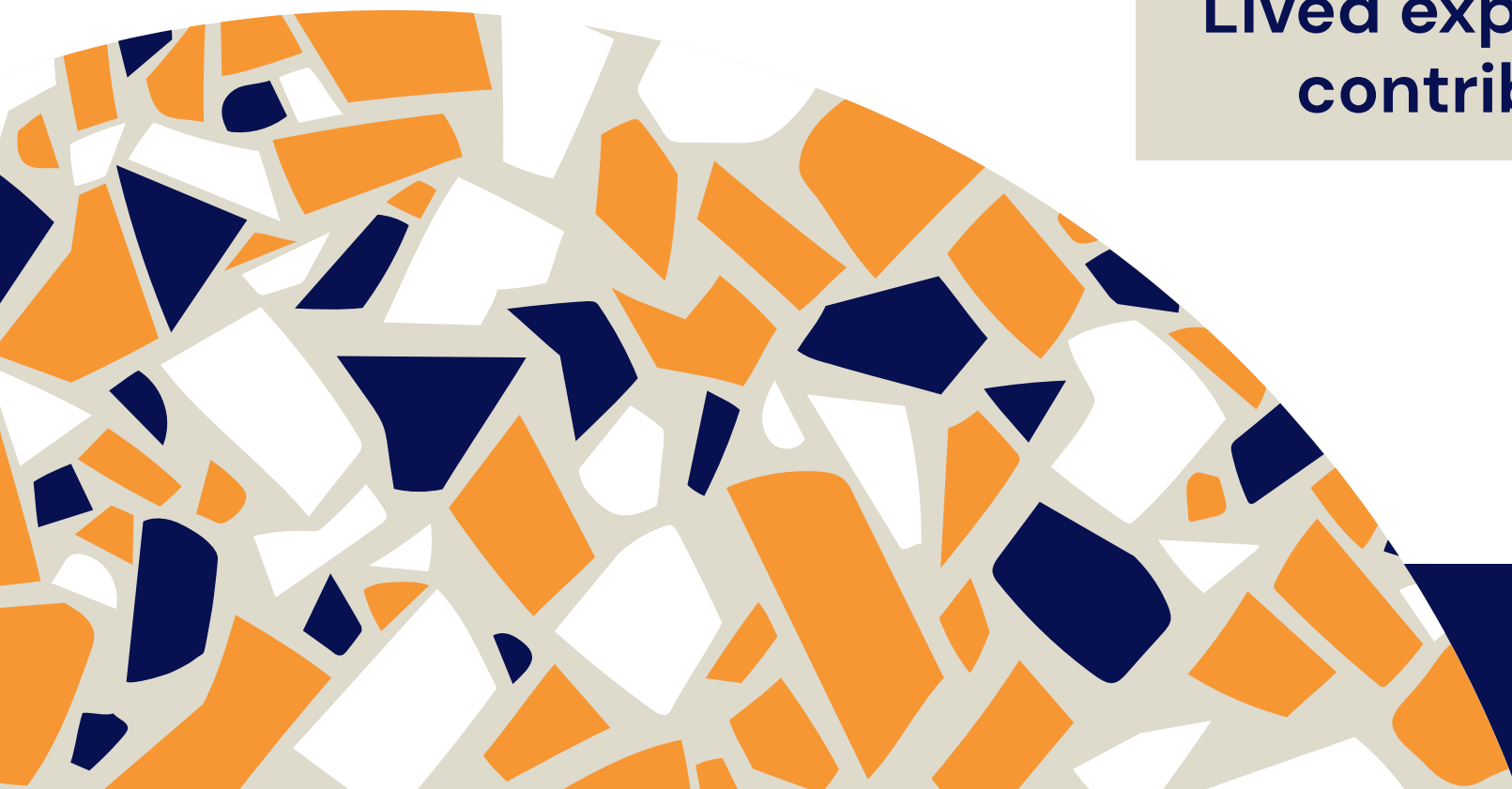




the development of our strategy, Leading Research, Shaping Change

“ expert professional supervision and care was so authentic to lived experienced contributors, was refreshingly remarkable in a world of ticking box formalities ”

**Lived experience contributor**



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We believe in empowering people to use their experience for a positive impact to the benefit of both researchers and representatives/ contributors.

**Lived Experience transforms the quality and application of our research to support our vision to reduce suicide and self-harm in Ireland and globally, through impactful research.**

We would like to thank each of our Lived Experience Representatives.

Real-world experiences lead to real-world solutions.

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