



**University of
Nottingham**

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Understanding and developing safe ways of communicating and accessing online content about self-harm and suicidality

Information Sheet

Thanks for being interested in this opportunity! This sheet will tell you more about the online workshops, the project and how you can get in touch with us.

What's it all about?

We are working together to help young people stay safe when talking about self-harm and suicide online. It's ok to talk about self-harm and suicide but how we have those conversations really matters. In this project young people will be helping Samaritans to co-design resources that help young people across the UK to share and talk about self-harm and suicide online safely and with compassion and understanding. This is part of a wider programme in which Samaritans are collaborating with Facebook, Instagram Twitter, Google, YouTube and Pinterest to make the internet a safer place. Your involvement will help to shape national conversations about these topics and will have an important impact. This insight will influence Samaritans industry guidelines for sites and platforms on how they respond to self-harm and suicide content online.

Who can get involved?

We are looking for 18-25 year olds who can relate to these topics to help us understand what these resources should be like. You may have experience of self-harm and suicide yourself or have a friend, peer or someone close to you who has. The important thing is that you are likely to be the kind of person accessing those resources online and are interested in helping us to develop them. Unfortunately, because the workshops are online and we want to be sure that no one feels really distressed, we are unable to include anyone who in the past 6 months has felt suicidal.

What will I have to do?

We want to make sure that everyone feels comfortable taking part so we will be contacting people several times to explain the project, what we will be asking you to do, and some of the things we are putting in place to support you. Before the workshops everyone will receive a project pack with more information and a consent form that will need to be signed. The only time you will be asked to share anything about your experience of self-harm and suicide will be in confidential discussions with us before the workshops. We will include details in the project pack of what questions we'll need to ask you about your experience so that you are prepared.

During the workshops we want you to help us by sharing your expertise as young people who are likely to use these resources rather than having to tell us anything about your own personal experience of self-harm and suicide. There will be two online workshops that will use Zoom (for videoconferencing) and Mural (an online whiteboard for collaborating). mHabitat, who have lots of experience co-producing in digital health, will be leading the workshops and will make sure they are engaging and interesting. You can get in touch at any time to ask questions and you will have access to your own Mural practice board beforehand so you can get used to the tech side. We want everyone to be as involved as possible so once we pull together a report on what you think these online resources will look like we will share this and you'll have the opportunity to give feedback.

When are the workshops and what will I need?

You can join the workshops on September 18th and 25th or on the 19th and 26th. The groups will stay the same. To run Zoom and Mural you will need a computer/tablet/mobile – let us know if you aren't sure if it will work on your device. During the session it's important to be somewhere quiet, private and comfortable.

What will you do to make sure we are ok during the workshops?

This is an important but sensitive topic. Everyone has different experiences and responses to talking about this so we want to make sure that you can contribute safely to the discussions. The workshops will be a friendly, supportive and comfortable space to work together and share ideas with breaks so that we can all take a breather. We are also including what's called a "breakout room" using Zoom where we will have staff from Harmless, a user-led charity that can provide some support if you need to get away for a bit. We will also work through what we can do to support you before, during and after the workshops.

Ok, but what information are you going to collect?

We will need to collect your contact information so we can keep in touch, and this will be stored on a password protected secure database. We will be taking notes and the main Zoom conversation will be recorded by mHabitat so that they can make sure they have captured what they need. The recording will be saved to a secure folder before being deleted from the Zoom account. The file will be deleted from the secure folder after a period of 6 months from the end of the project. Everyone will have the option to remain anonymous and all the information will be treated confidentially. Your contact details will be stored securely at the University of Nottingham under our data protection policy (<https://www.nottingham.ac.uk/governance/records-and-information-management/data-protection/data-protection-policy.aspx>) and mHabitat will store recordings for a period of 6 months on their NHS Trust system (Leeds and York Partnership NHS Foundation Trust) under the following privacy policy (<https://www.leedsandYorkpft.nhs.uk/advice-support/how-we-use-information-about-you/>). We do a lot of mental health research and we take this very seriously but if you want to ask any questions please do get in touch.

For each workshop you attend you will receive a £15 online shopping voucher as a thank you for being involved. Now all that's left is to get in touch if this is something that interests you or you have any questions. Looking forward to speaking with you!

Jo and Aislinn (pronounced Ash-lin)

joanna.lockwood@nottingham.ac.uk | aislinn.bergin@nottingham.ac.uk