

Breaking the Stigma and Raising Awareness

The Impact of the Suicide Memorial & Bereavement Roadshow – June 2023

- ✔ Featuring 4 'Speak Their Name' Quilts
- ✔ Visited 14 community sites
- ✔ Hosted over 60 coproduced workshops
- ✔ Supported by over 20 partners and community leaders
- ✔ Over 2500 attendees
- ✔ BBC coverage and social media updates
- ✔ Hardback and digital 'Reflection Book' for feedback



BREAKING BARRIERS

- ✔ Challenging stigma and taboos
- ✔ Cultural & religious sensitivities
- ✔ Language barriers
- ✔ Accessibility and location
- ✔ Fear of re-traumatization
- ✔ Lack of awareness and support
- ✔ Overcoming the isolating effect of grief
- ✔ Addressing misconceptions



IMPACT

- ✔ Vehicle for partners to engage with communities
- ✔ Increased traffic of people wanting support
- ✔ Connecting communities and people
- ✔ Promoting through participation
- ✔ Supporting resilience to recovery
- ✔ Starting conversations, sharing lived experiences, stories
- ✔ Creating safe spaces
- ✔ Mobile engagement platform
- ✔ Overcoming cultural barriers
- ✔ Roadshow visibility - in the community
- ✔ Hands on intense period working in communities led to relationships which are tangible assets themselves; Through this 'asset' it was possible to greatly accelerate the initiation of subsequent public health initiatives

“Very emotional seeing the quilts, I will be now making a square for Saul. So many young ones gone too soon.”

“Absolutley beautiful event, well organised, with support for individuals discussing difficult issues.”

“Thanks for having the roadshow, it was really brilliant to support this project.”

“Today is the first time I have spoken of my son who died and now I will get the help and support I need. Thank you.”

“The roadshow event has been fantastic, reaching out to different communities and raising awareness of mental health problems. A much needed roadshow with support from mental health services.”