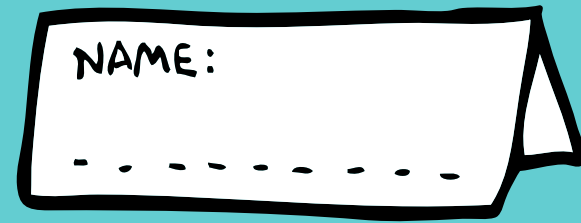


This presentation is called:

“ We need more research about people with learning disabilities and suicide.”

Hello!





Our names are:



Magdalena



Sara



Chris

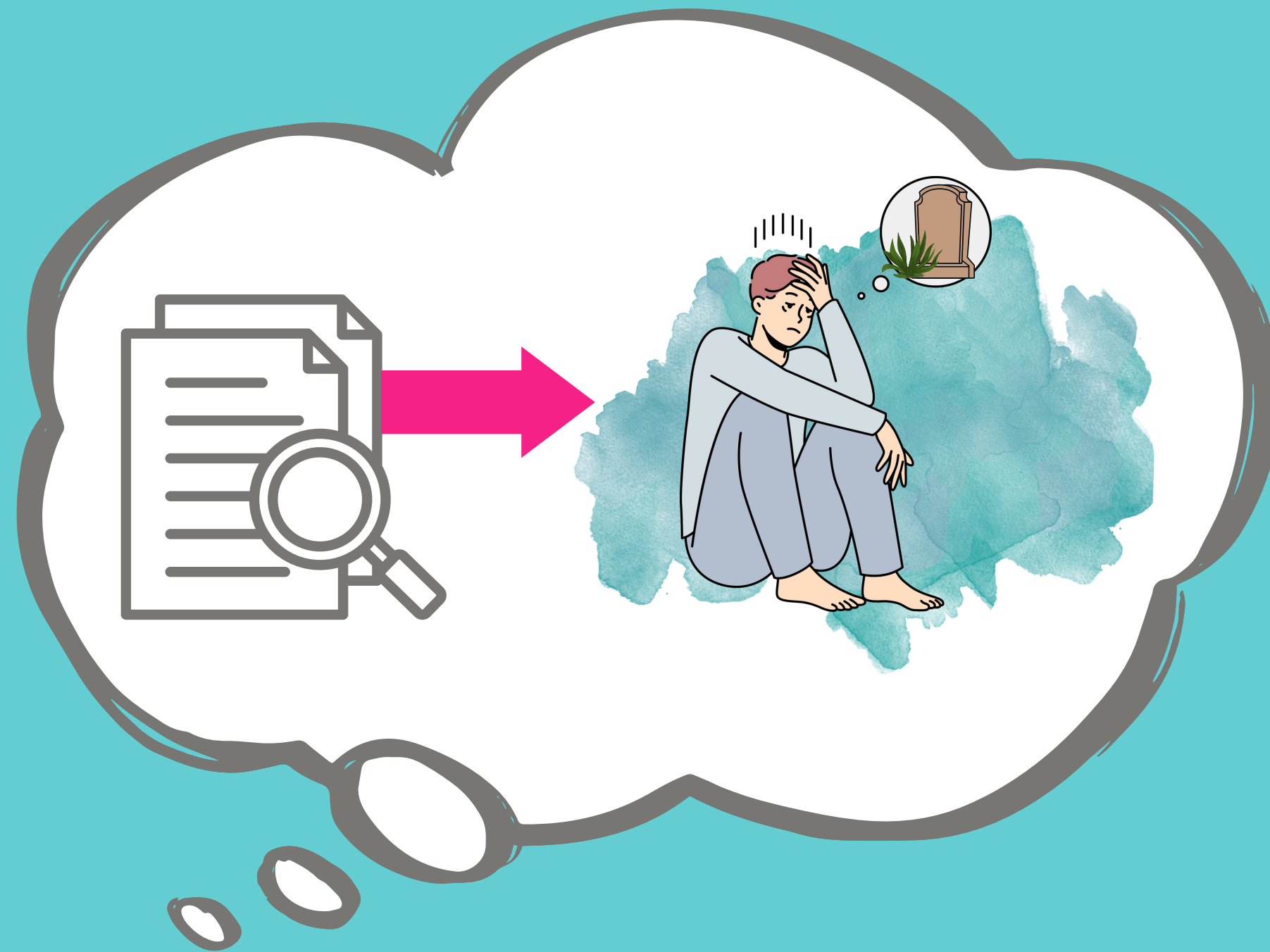


Arne



We are all **Researchers** at Manchester Met University.

A **Researcher** is someone whose job it is to ask questions so that they can understand what is going on.



We are thinking about doing some research on **suicide**.
Suicide is when someone ends their own life on purpose.



It can be upsetting to think about, so **please look after yourself** when you read this.



There are phone numbers you can call, if you need to speak to someone.

These are at the end of this presentation.

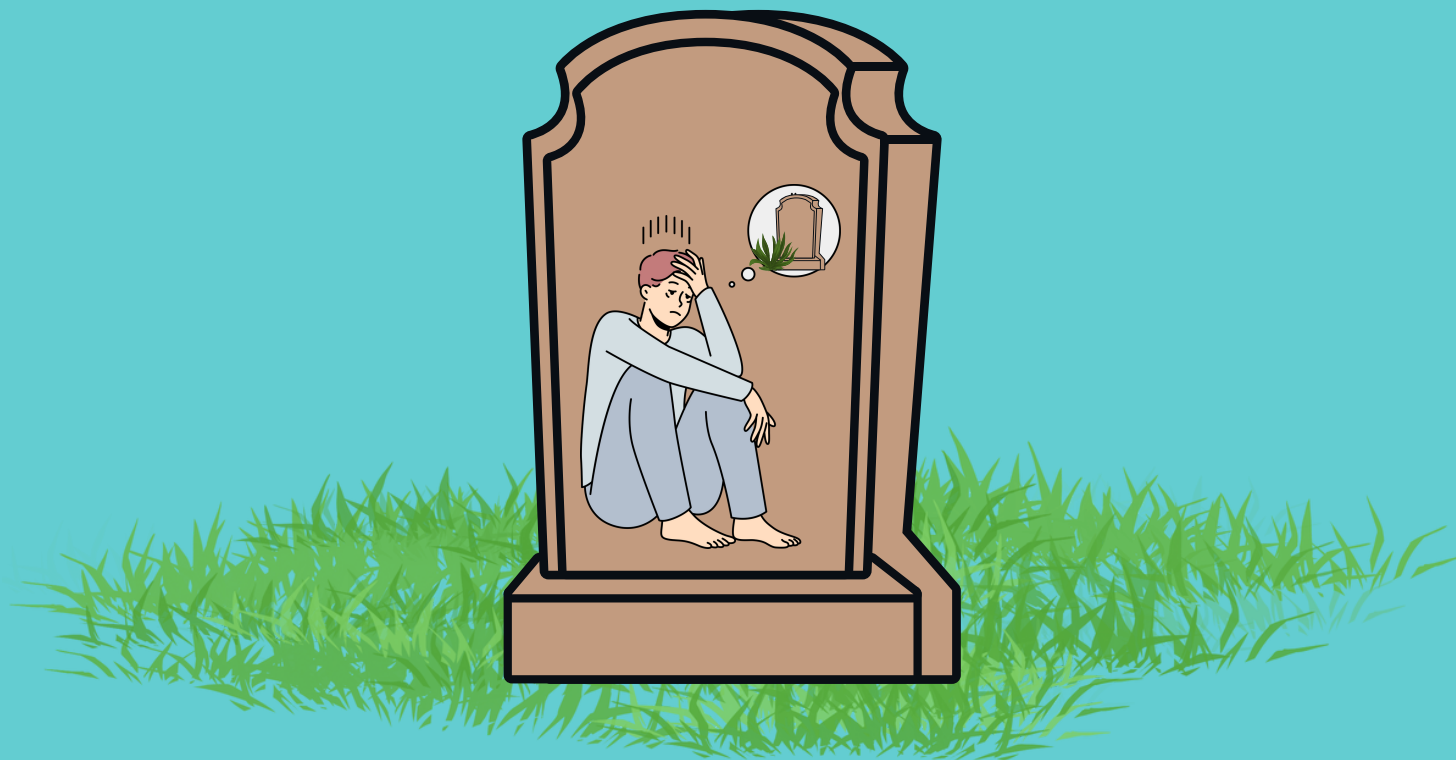


Suicide affects many people.

It affects the families, friends and communities of those who knew the person.



Just like anyone else, people with learning disabilities can have thoughts about dying by suicide.



They too can die by suicide.



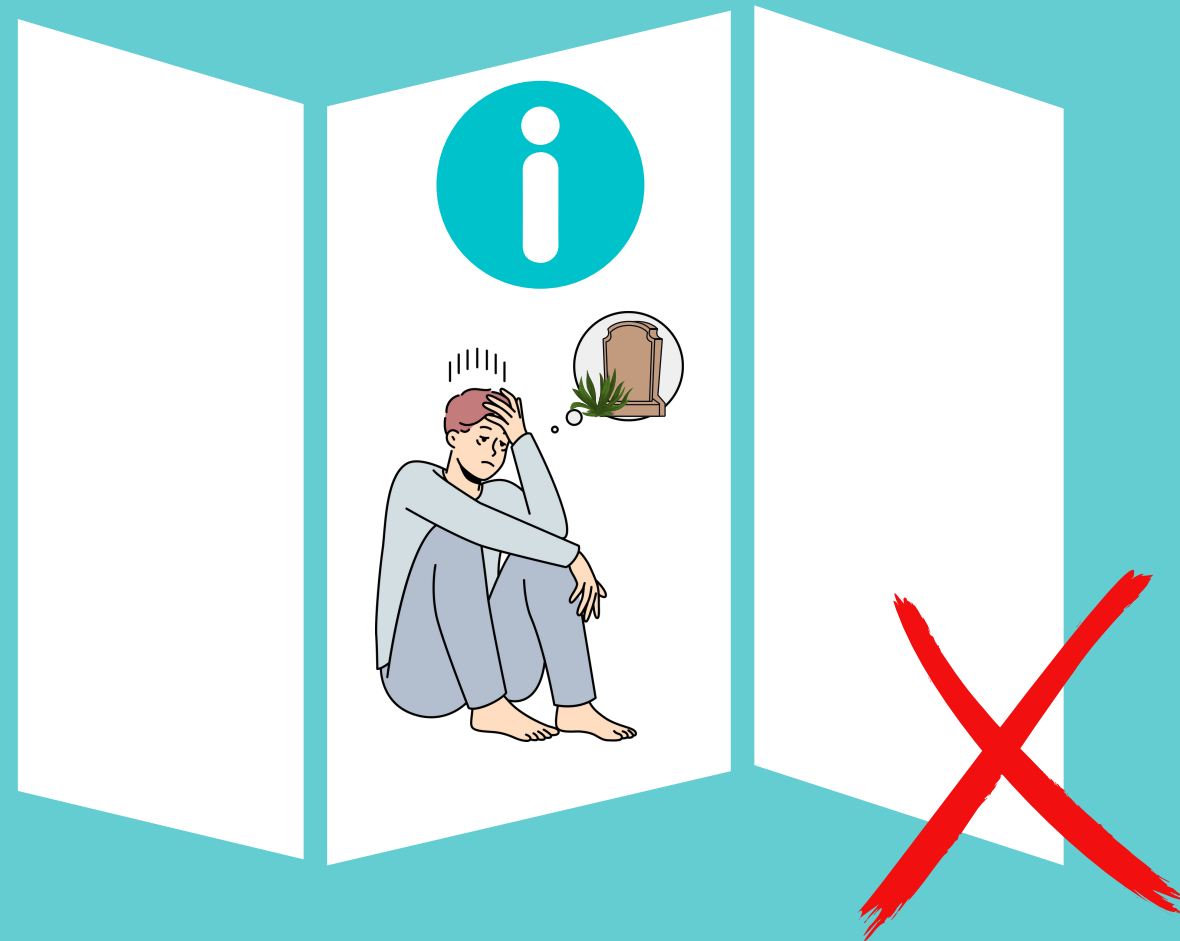
They may know someone who has died by suicide.



They may have tried to end their life.



We want to understand more about these experiences.

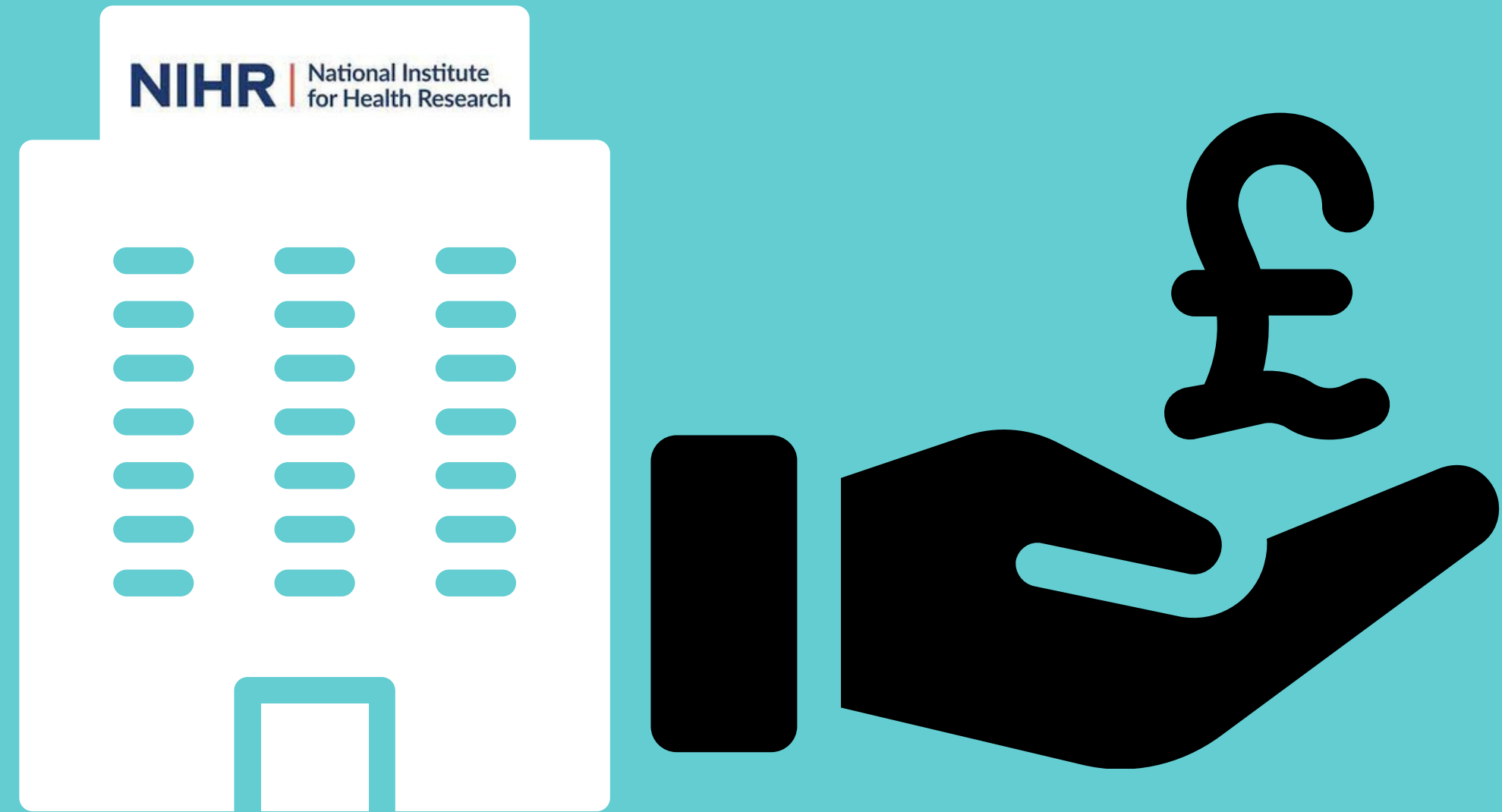


But there is not much information on
suicide and people with learning disabilities.

We want to change this, as it is an important subject.



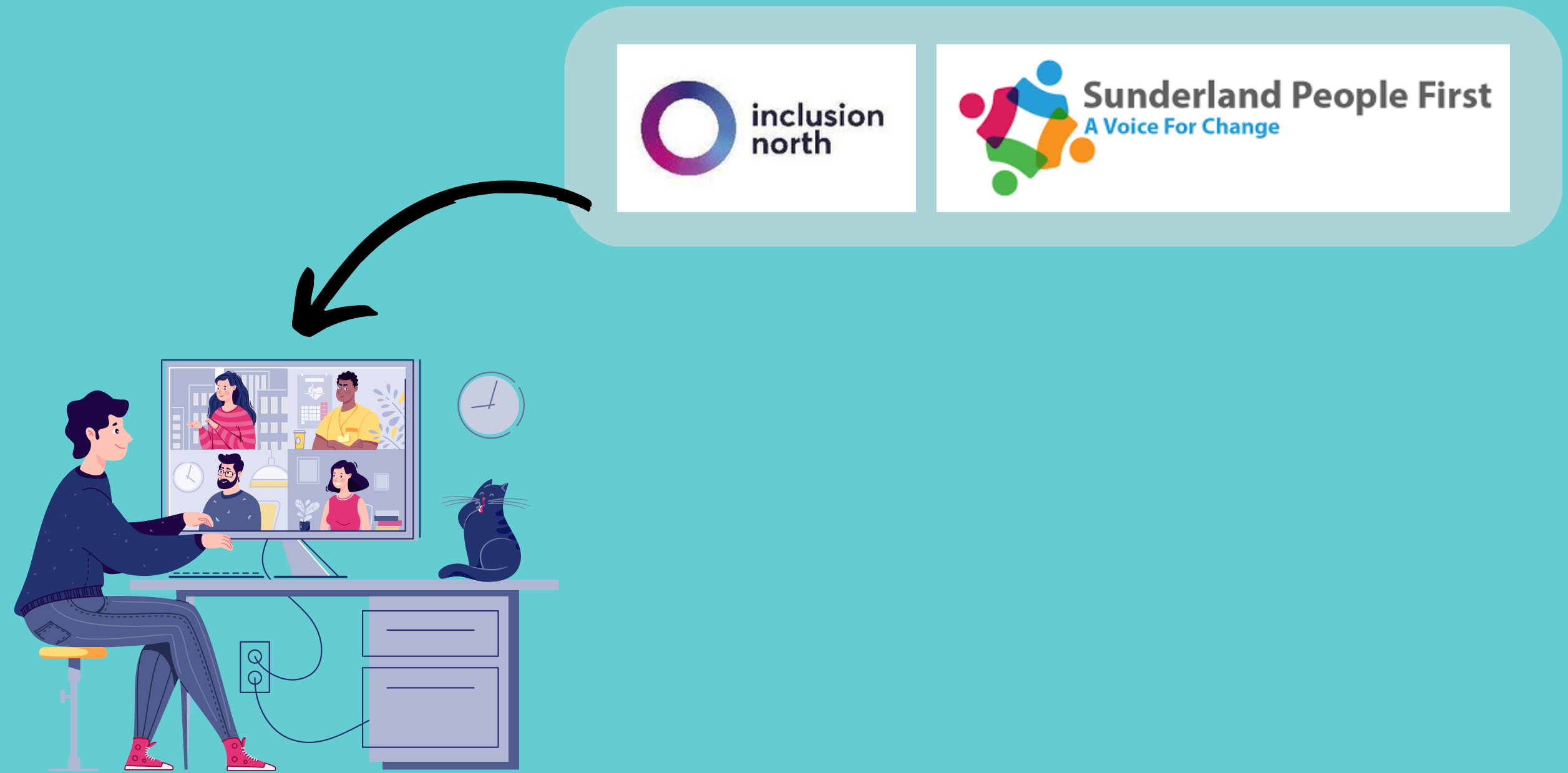
**People with learning disabilities are
just as important as other people!**



We got some money from an organisation called
The National Institute for Health and Care Research.



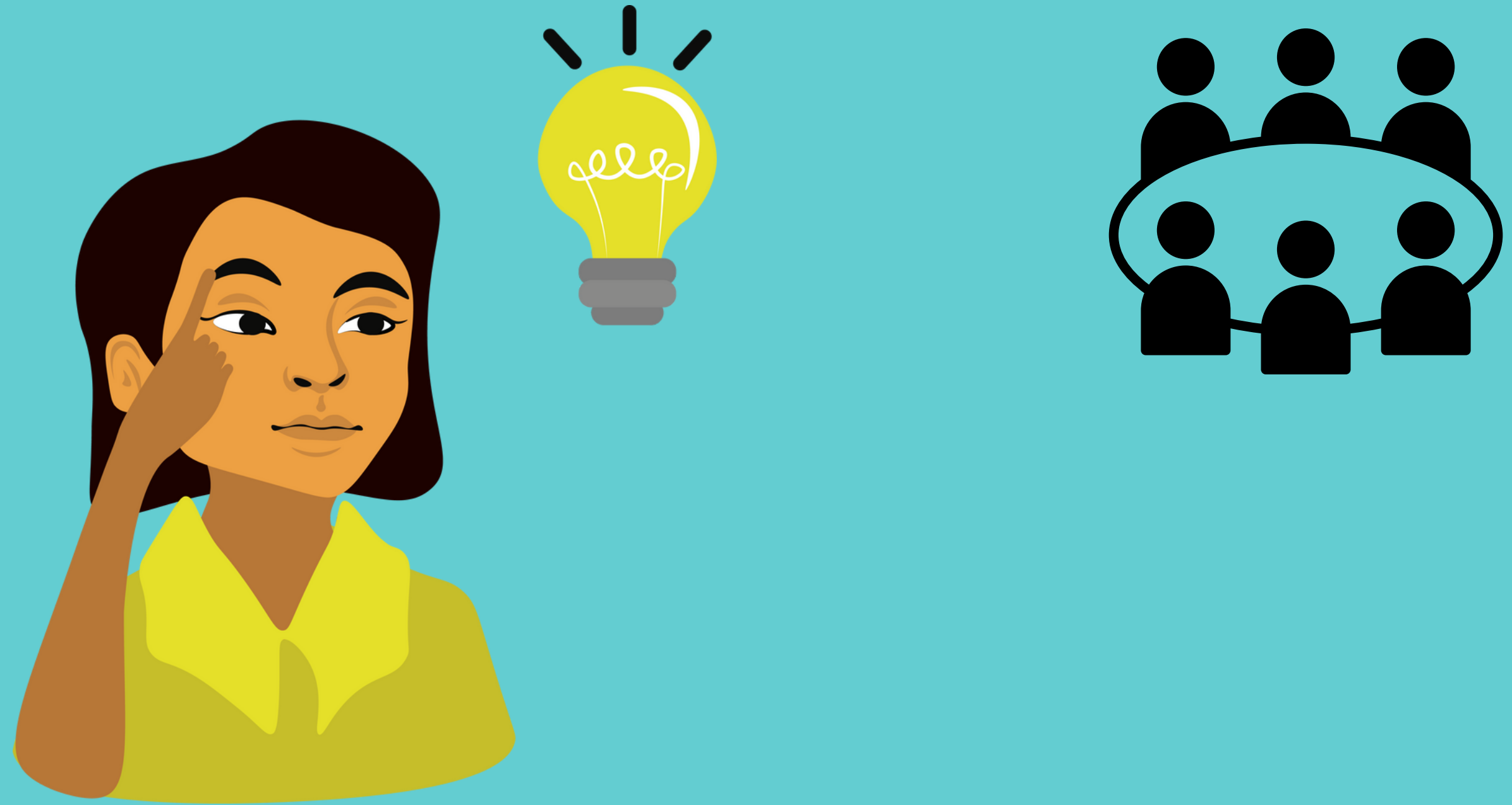
We planned to use this money to run an **online workshop** with people. This is a workshop run through video calling.



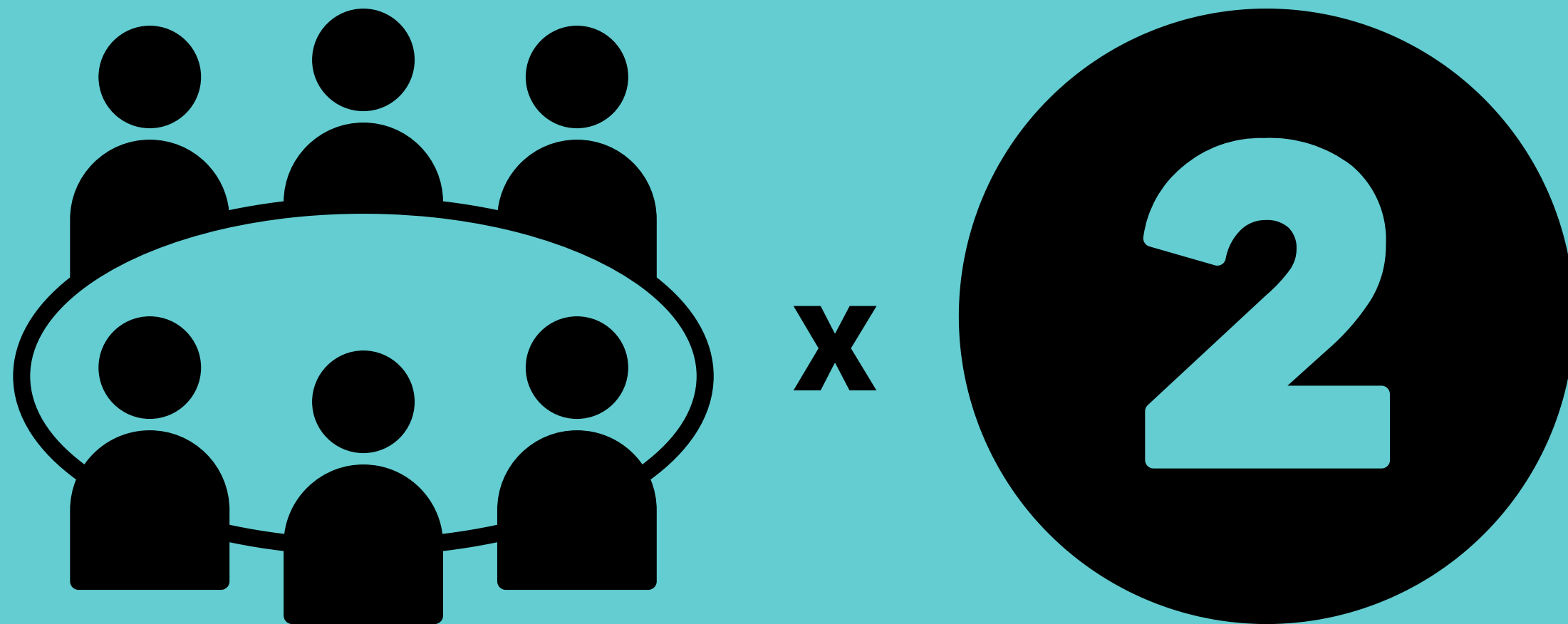
We met with self-advocates from [Sunderland People First](#) and [Inclusion North](#) to help us get ready for the workshop.



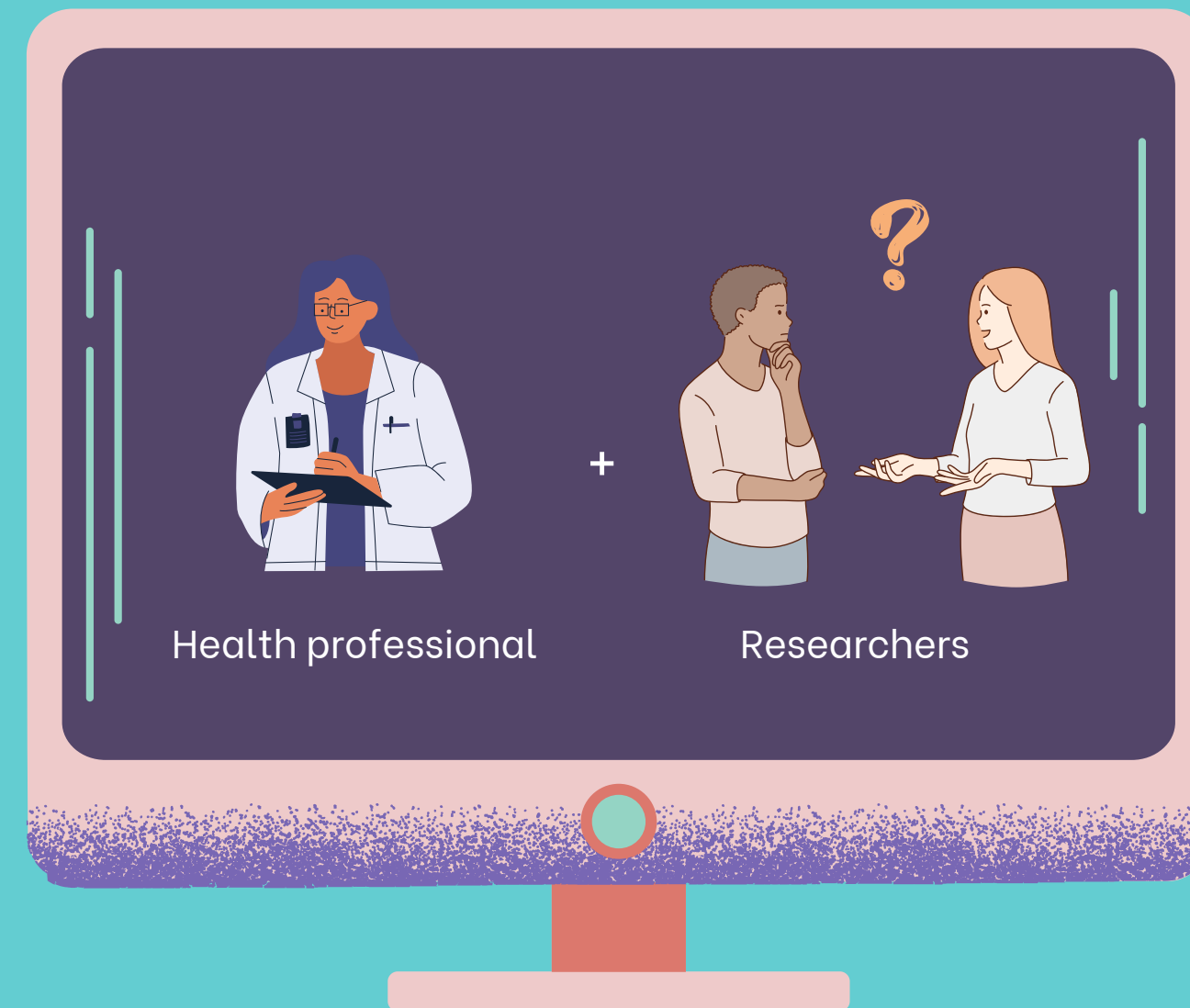
It was a hard meeting because people had a lot of feelings and experiences to share.



This made us think a lot about our planned workshop.
We decided to change our plan!



We decided to run two separate workshops, instead of one.



We ran one online workshop for
researchers and health professionals.



We found out that much of the research on suicide and people with learning disabilities was old.



It did not talk about **co-production**.

Co-production is when different people work together sharing the power and responsibility for the work.



We ran the second workshop for self-advocates from [Sunderland People First](#) and [Inclusion North](#).

We met together in a room.

Experts from [Paradigm](#) helped run the meeting.



The meeting went really well!

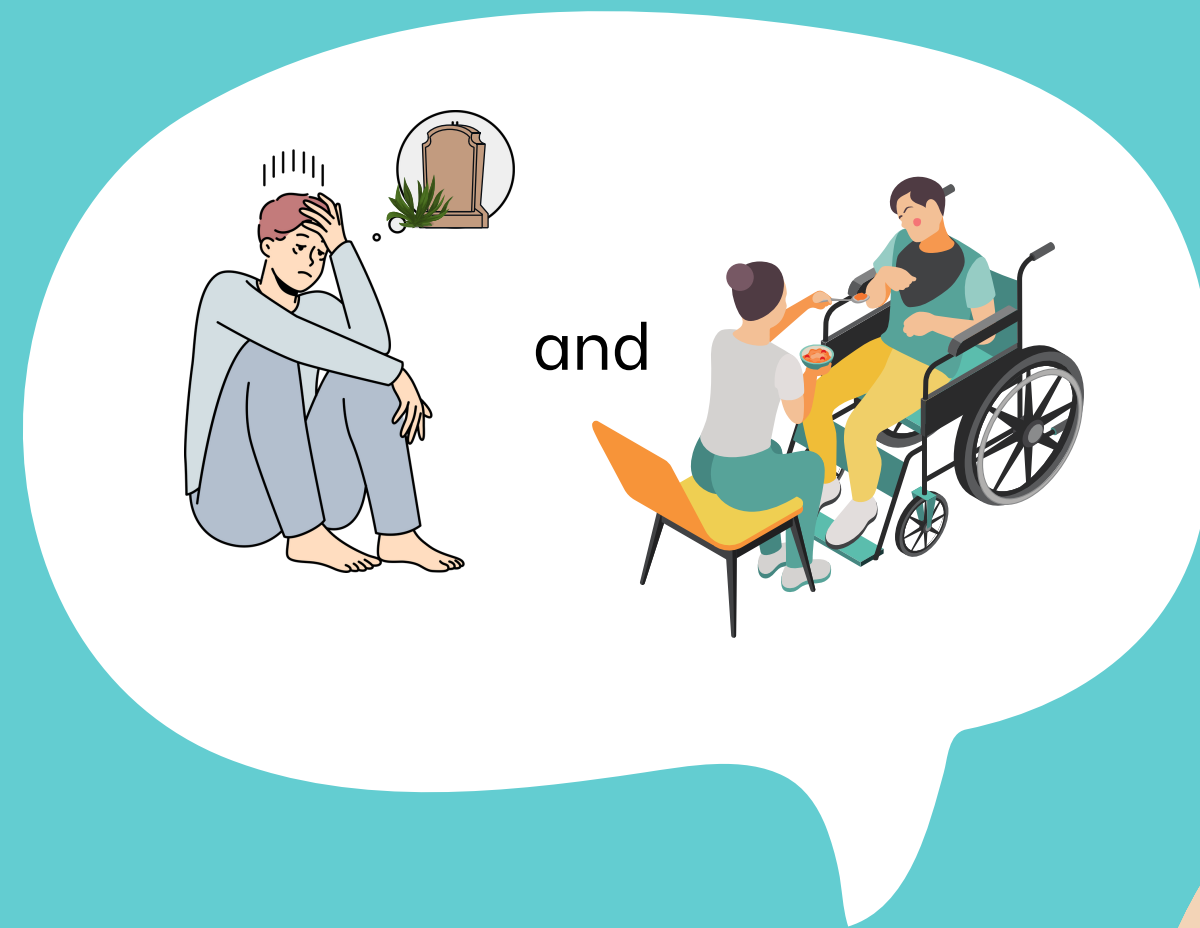
We talked about lots of things:



- What suicide means.
- Our stories and experiences.
- How hard it can be when people don't want to talk about suicide.
- Why someone might want to end their own life.
- What could help people.



One person thought suicide was “a place you go to”.



The group said that we need more research to be done on suicide and people with learning disabilities.



They said the research must:

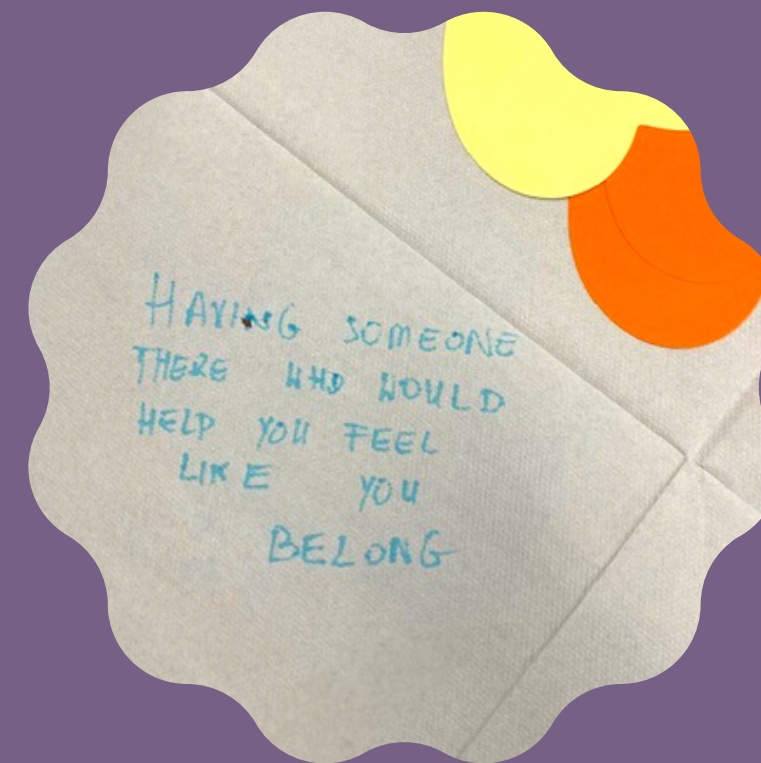
- be co-produced with people with learning disabilities and their families!
- be research that tells people's stories as well as telling us about how many people with learning disabilities die by suicide.





And it **MUST** make people's lives better.

**Because people with learning disabilities are
just as important as everyone else!**



If you would like to find out more about this work,
you can email us at m.mikulak@mmu.ac.uk



If you need to talk to someone about
how you feel, you can call:

Samaritans on 116 123

Papyrus on 0800 068 41 41

