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**PARTICIPANT INFORMATION SHEET.**

**Study Title:** Understanding suicide risk factors in men.

**Researcher:** Susie Bennett, Institute of Health and Wellbeing, University of Glasgow.

**Supervisors:** Professor Rory O’Connor and Dr Katie Robb.

**Thank you so much for considering taking part in this research project.**

This study aims to explore sensitive topics and so it is crucial you feel comfortable about taking part and with sharing your experiences. This information sheet is to help you make an informed decision about whether you want to participate. It will give you an overview of the purpose of the research, what your participation will involve and your right to withdraw at any time. Given the emotional nature of the research, you may have further questions or concerns prior to taking part. Please feel free to contact me to discuss anything in more detail. My email is: [s.bennett.2@research.gla.ac.uk](mailto:s.bennett.2@research.gla.ac.uk)

This study will be open for responses between March and September 2021. Take your time reading this information sheet, don’t feel rushed and remember, there is no obligation to take part.

Thank you.

**What is the purpose of this study?** The purpose of this study is to explore some of the factors that put at men at risk of suicidal thoughts, feelings and behaviours. Even if you have never had suicidal thoughts or feelings, your answers will help provide vital insight.

**Why have I been invited to participate?** You responded to an advert about the research, and you identify as male and are aged over 18.

**Do I have to take part?** You are under no obligation to take part in this study; doing so is completely your own decision.

**What will happen to me if I take part?** For this study, you will be required to complete an online questionnaire, which will take approximately 25 minutes. You can complete this on any internet-enabled device in a place and time of your choosing.

**What are the possible benefits of taking part?** Male suicide rates represent a significant public health crisis. However, academic research into what causes male suicide and how to reduce it is surprisingly lacking. This lack of research leaves vital gaps in our understanding of why so many men die by suicide in Britain and what more can be done to prevent it. The information you provide will help provide a better understanding of the factors that put men at risk of suicidal thoughts and behaviours. Findings will be shared with all key stakeholders involved in suicide prevention in the UK. In doing so, we hope this research can influence and inform policy, clinical practice, and suicide theory.

**What are the possible disadvantages and risks of taking part?** During the questionnaire, we would like you to answer a series of questions about different topics, including your childhood, your emotions, mental pain, and suicidal thoughts and feelings. Some of the questions may be distressing especially if you are currently experiencing suicidal feelings. During the survey, we will provide contact details of organisations who could provide support for you as well as at the end of this information sheet. We are very sorry that you currently feel this pain and we hope that answers from this survey will help provide even better support for people feeling similarly in the future. Remember you are under no obligation to take part, your wellbeing is the priority.

**Will my taking part in this study be kept confidential?** All of the responses that you provide will be kept strictly confidential. No identifying information will be collected beyond simple demographic data, and you cannot be recognised from your responses. All data will be collected in electronic format, and will be stored on secure password–protected computers. No one outside of the research team or appropriate governance staff will be able to find out your responses.

**What will happen to my data?** All responses to the questionnaire will be stored in a password protected Microsoft Excel spreadsheet and RStudio script securely on the University of Glasgow network. All study data will be held in accordance with the General Data Protection Regulation (2018). Nobody outside of the research team will have access to this data, and it will be stored in archiving facilities in line with the University of Glasgow retention policy of up to 10 years. After this period, further retention may be agreed or your data will be securely destroyed in accordance with the relevant standard procedures.

**What will happen to the results of the study?** The results of the study will be used for my PhD, shared with people involved in suicide prevention work and submitted for publishing by peer-reviewed journals.

**Who is organising and funding the study?** The study is being organised by Susie Bennett (researcher) and supervised by Professor Rory O’Connor & Dr Katie Robb. It is not being funded by any company, charity, organisation or research council.

**Who has reviewed the study?** The study has been reviewed by the College of Medical, Veterinary & Life Sciences Ethics Committee.

**Contact for Further Information.** If you have any questions or require more information please contact Susie Bennett on s.bennett.2@research.gla.ac.uk

**Thank you for taking the time to read this information sheet.**

SUPPORT ORGANISATIONS

1. **SUPPORT FOR PEOPLE EXPERIENCING SUICIDAL THOUGHTS AND FEELINGS.**

At some time in all of our lives, we feel down, depressed or low. If you are feeling down, or are worried about something and would like to speak to someone, please see the list of organisations below. You may also wish to contact your GP or another healthcare professional.

If you think your life or someone’s life is in danger you should visit an emergency department or call an ambulance by dialling 999.

**NHS 24. Health Information and Self Care Advice**

NHS 24 provides comprehensive up-to-date health information and self-care advice. If your GP surgery is closed and you can’t wait until it opens, you can call NHS 24. They will direct you to the right care for you or the person you are calling for. This may be to your local Health Board’s out of hours services, Accident and Emergency department, or the Ambulance Service. If appropriate, they may recommend some steps you can take to look after yourself at home.

https://www.nhs.uk - Tel: 111

**Samaritans**

Samaritans is a support service available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

https://www.samaritans.org/ - Tel: 08457 90 90 90

**CALM (campaign against living miserably)**

CALM is leading a movement against suicide, with a particular focus on men who are often more at risk. They have a national helpline, webchat and online resources for support

[www.thecalmzone.net](http://www.thecalmzone.net/) Helpline 0800 58 58 58 - London 080 802 58 58 OPEN 7 days a week 17.00-00.00

Email [info@thecalmzone.net](mailto:info@thecalmzone.net) - Webchat [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/)

**PAPYRUS**

This is a national charity which helps to stop young suicide. They run HOPELineUK. HOPELineUK give practical advice and information to: children, teenagers and young people up to the age of 35 who are worried about how they are feeling, and anyone who is concerned about a young person.

[https://www.papyrus-uk.org](https://www.papyrus-uk.org/) - Telephone: 0800 068 41 41 (open Mon-Fri: 10am to10pm, weekends: 2pm to 10pm & bank holidays: 2pm to 5pm) - SMS: 07786 209697 - Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**The Mix**

They offer a free, confidential helpline service for young people under 25.

Telephone: 0808 808 4994 (Open 11am – 11pm 7 days a week) E-mail: [www.getconnected.org.uk/email-us/](http://www.getconnected.org.uk/email-us/)

Webchat: [through the website](https://livechat.boldchat.com/aid/5221617268700189003/bc.chat?resize=true&cwdid=4432228264796175422&wdid=1458736833879540022&rdid=2781633931835204878&url=http%3A//www.getconnected.org.uk/): [www.getconnected.org.uk](http://www.getconnected.org.uk/)

**Men’s Minds Matter**

Men's Minds Matter is a not-for-profit organisation dedicated to the prevention of male suicide by building psychological resilience and emotional strength. The website has many resources and guides relating to male suicide including anger, stress, depression and how to support a man in crisis.

Website: https://www.mensmindsmatter.org/

**Andy’s Club**

Andy’s Club are talking club’s for men. They have numerous clubs across the country and a national online group for those outside of current club catchment areas.

Website: <https://andysmanclub.co.uk/>

**Men Speak Global**

“At MenSpeak, we create spaces for men who want more out of life. We practice dropping our 'nice guy', 'macho man' or whatever masks we wear, as we talk openly and honestly about what's up in our lives, at our own pace and in our own time. There’s no pressure to speak and we never tell each other what to do or how to be. Instead, we respectfully question and challenge one another to acknowledge who we’ve been and test-drive who we want to be, taking the best of ourselves back out into the world.”

Website: https://mensgroups.co.uk/

**Man Health (Northumberland)**

ManHealth provide free peer support groups and a WebChat and Connect service across County Durham and Northumberland for men with depression and other mental health conditions.

Website: <https://www.manhealth.org.uk/>

**Maytree (London)**

Maytree’s house is open 365 days a year for people when they’re feeling suicidal. Maytree provide a unique residential service for people in suicidal crisis so they can talk about their suicidal thoughts and behaviour. They offer a free 4 night, 5 day one-off stay to adults over the age of 18 from across the UK.

Website: https://www.maytree.org.uk/

**The Listening Place (London)**

Face-to-face support for those who feel life is no longer worth living. Carefully trained and selected volunteers, working in a supportive environment and backed by experienced mental health professionals, have regular meetings with people who are struggling with suicidal thoughts, plans and actions.

Website: https://listeningplace.org.uk/

**James Place (Liverpool)**

James’ Place, work with men who are experiencing a suicidal crisis. Their centre in Liverpool supports men from Merseyside who are referred by health professionals or have self-referred.

Website: https://www.jamesplace.org.uk/

**Sean’s Place (Liverpool)**

Sean’s Place aim is to improve men’s mental health and well-being across Sefton and Liverpool City Region through sessions specifically identified to improve confidence and self-esteem for men whilst reducing symptoms of depression, stress and anxiety.

Website: https://seansplace.org.uk/

1. **ADDITIONAL SUPPORT LINES**

**Alcohol Change**

Alcohol Change UK is a UK alcohol charity. Their website links to a wide range of support services should you wish to speak to or get advice about your drinking. https://alcoholchange.org.uk/

**Smokeline**

Smokeline is Scotland’s national stop smoking helpline, open every day from 8am-10pm. They have helped thousands of people and can help you too. Smokeline advisers can guide you through what’s helped other smokers, and help you work out what’s most likely to work for you.

<http://www.canstopsmoking.com/> - Tel: 0800 848 84 84

**National Debtline**

Provides free, independent, confidential advice on a self-help basis. You can contact them over the telephone, by e-mail or letter.

[www.nationaldebtline.org](http://www.nationaldebtline.org/) - Telephone: 0808 808 4000 Monday to Friday 9am-8pm and Saturday 9.30am-1pm

Email: visit website to use email contact form

**Switchboard – LGBT + Helpline**

Switchboard gives practical and emotional support for lesbian, gay, bisexual or transgender people. You can talk to them about any issue.

Webchat: [through the website](https://m2.icarol.com/ConsumerRegistration.aspx?org=2179) - [www.switchboard.lgbt](http://www.switchboard.lgbt/) - Telephone: 0300 330 0630 (open 10am – 11pm)

E-mail: chris@switchboard.lgbt