



National Alliance on Mental Illness

New Hampshire

SURVIVORVOICES: SHARING THE STORY OF SUICIDE LOSS EVALUATION SUMMARY

SurvivorVoices: sharing the story of suicide loss is a program designed to teach individuals who have been bereaved by suicide loss how to share their story in a safe and effective manner. By speaking about their personal loss and telling the story about their loved one’s life and death, survivors can promote healing and understanding, which in turn supports and encourages suicide prevention efforts.

The intended outcomes of the SurvivorVoices Training are:

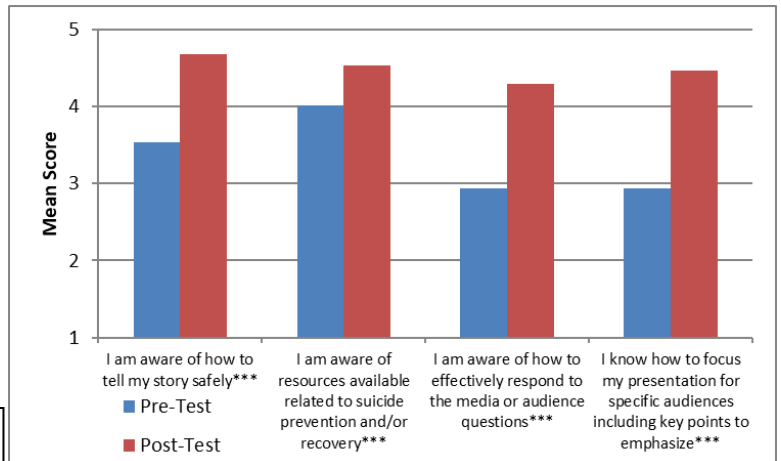
- Improve general skills for public speaking including how to respond to difficult questions from the public and the media
- Increase knowledge of how to speak safely and effectively about the loss of a loved one to suicide to different audiences: in private, to specific audiences, and to the media
- Write and practice telling one’s personal story of loss with feedback in a safe environment
- Increased familiarity with suicide statistics, risk factors and warning signs, and resources for survivors and suicide prevention to provide audience members

EVALUATION RESULTS

The Speaker Training Program is evaluated using a brief post-presentation survey that is collected by the presenter. The survey focuses on whether participants are able to share their stories safely, whether they have increased knowledge about available resources, whether they are prepared to respond to questions from audiences and the media, and whether they are able to focus their presentations for specific audiences.

Following a **SurvivorVoices** speaker training, participants reported (n=161):

- Being aware of how to share their story safely
- Increased knowledge of resources for suicide prevention and recovery from loss
- Being prepared to effectively respond to the media
- Having a better idea of how to focus a presentation for specific audiences
- Being ready to respond to questions from an audience



Significance Levels: *p<0.05, **p<0.01, ***p<0.001

QUOTES FROM PARTICIPANTS

“The class was great as well as the experience of meeting new survivors and hearing their stories. I am so glad I did the training, it is time I do more to give back and help others.”

“I just wanted to say thank you again for a wonderful training. It was truly a great experience, and it was great to meet all the people that were there.”

“I received some wonderful feedback last night from our survivor support group. Your training was, in its own right, a moving and cleansing experience for us all. We are all better for it.”

“It helped me so much and now I can help others when I’m out there speaking. I can feel it in their eyes – it’s making an impact. Learning about safe messaging makes it easier to speak about my loss because I know where I should and shouldn’t go.”

For more information: Contact Elaine de Mello at edemello@NAMINH.org or visit www.naminh.org