



National
Suicide Prevention
Alliance

Joining the NSPA



What is the NSPA?

The NSPA is a cross-sector, England-wide alliance of organisations that share our vision that fewer people die by suicide.

We want to get all parts of society working together to take action to reduce suicide and improve the support for those affected by suicide.

We work with our members to achieve the following outcomes:

- 1. Reducing stigma:** For all parts of society, talking about suicide, and taking action to maintain good mental health, is as normal as talking about and maintaining physical health.
- 2. Encouraging help-seeking:** More people experiencing emotional distress seek help before they become suicidal.
- 3. Providing the appropriate support:** When people in emotional distress seek help, they receive appropriate support from the people or organisations they approach and they are offered appropriate options.
- 4. Reducing access to means:** People experiencing severe emotional distress find it harder to access the means to take their own life.
- 5. Reducing the impact of suicide:** People bereaved by suicide get the support they need to cope with the impact on their life.
- 6. Improving data & evidence:** There is better official data about suicide in England and more evidence about effective suicide prevention. Those working in suicide prevention find it easier to obtain this data and evidence.
- 7. Working together:** Organisations with an interest in suicide prevention are collaborating with each other to make a bigger difference.



How can you get involved?

Being part of the NSPA means being part of a broad and active network of organisations and individuals committed to working together to reduce suicide and supporting those that have been affected by suicide.

The NSPA offers a forum to share:

- Information and good practice from NSPA members and other local and national suicide prevention specialists
- Opportunities to collaborate on suicide prevention activity with supportive organisations and individuals from across the public, private, voluntary and community sectors
- Opportunities to input and shape the direction and priorities of the alliance.

Through:

- A programme of events including members' meetings and special interest groups
- Our monthly newsletter
- Our annual conference.

There are two ways to engage with the NSPA, both at no cost:

Become an organisational member

An organisation can become a member of the NSPA by:

- Completing an application form, including sharing their suicide prevention priorities and challenges (which will be publicly available on the NSPA website)
- Signing up to the NSPA Declaration
- Signing up to the NSPA Membership Agreement.

Become an individual member

People who support our vision and aims can become individual members, which may include:

- Those whose lives have been affected by suicide or suicidal behaviour
- Professionals within organisations not yet ready or able to become a member.

The NSPA welcomes the involvement of all organisations and individuals from across the public, private and voluntary sectors and all walks of life.

The National Suicide Prevention Alliance is a cross-sector, England-wide coalition committed to reducing the number of suicides in England, and improving support to those bereaved or affected by suicide.

For further information on becoming a member of the NSPA go to www.nspa.org.uk. Alternatively please contact us on info@nspa.org.uk or 020 8394 8300

Supported by



Department
of Health &
Social Care

Office: NSPA, The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF
T 020 8394 8300 W www.nspa.org.uk