Lived Experience Advisor - Diversity and monitoring form

**This form will only be used to contact you or to monitor and ensure diversity across the Lived Experience Advisory group. These details do not form part of the selection process.**

As this project is about improving support for people who have self-harmed, only people with lived experience of self-harm are eligible to be a Lived Experience Advisor. Within the context of this project, self-harm is defined as any deliberate act of self-poisoning or self-injury without suicidal intent. This excludes accidents, substance misuse and eating disorders.

1. When was the last time you self-harmed without wanting to take your own life?

Less than 1 month ago

Less than a year ago

Less than 5 years ago

Longer than 5 years ago

I have never self-harmed without wanting to take my own life

1. Have you ever accessed peer support for self-harm (e.g. online forums/chat rooms, support groups, 1:1 support with someone who has self-harmed). It is not a requirement to have accessed peer support. We are looking for people with a range of experiences.

No

Yes, please tell us briefly what peer support you’ve accessed.

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Prefer not to say

**The following demographic questions are optional and will only be used to monitor the diversity of applicants.**

1. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Year of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Hometown: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Which gender do you identify with? (optional)

☐ Male

☐ Female

☐ Non-binary

☐ Prefer not to say

1. How do you describe your ethnicity? (optional)

☐ White British

☐ White other

☐ Black/Black British

☐ Asian/Asian British

☐ Mixed, multiple and other

☐ Prefer not to say

1. Please describe your general availability. This will not impact on your application.

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**If you have any questions about the role or this form, please contact Ellie at** [**research@samaritans.org**](mailto:xxx@samaritans.org)**.**