

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 or supporter of the NSPA go to [www.nspa.org.uk](http://www.nspa.org.uk). Alternatively please contact the Membership & Communications Officer on [info@nspa.org.uk](mailto:info@nspa.org.uk) or 020 8394 8275



National  
**Suicide Prevention**  
Alliance

Joining the NSPA



Supported by



Department  
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## 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 amongst NSPA members, the wider public and practitioners working in the field (such as health and wellbeing boards and Directors of Public Health).
- Opportunities to collaborate on suicide prevention activity with supportive organisations and individuals
- from across the public, private and voluntary and community sectors.
- Opportunities to input and shape the direction and priorities of the alliance.
- Programme of events and networking to facilitate information sharing and collaboration.

**There are two ways to engage with the NSPA; organisations are invited to become members and individuals are invited to become supporters.**



### Becoming a member

**Any organisation can become a member of the NSPA if they are prepared to:**

- Sign up to the NSPA Declaration.
- Sign up to the NSPA Membership Agreement.
- Develop an action plan (that will be publically available on the NSPA website) showing what work your organisation is doing in this area.
- There is no fee for joining the NSPA but members are invited annually to make a voluntary contribution; this may be financial or support in-kind.

### Becoming a supporter

**There are no criteria for becoming a supporter of the NSPA but supporters may include:**

- Organisations not ready or able to make the full commitment required to become a member.
- Individuals with lived experience of suicide.
- Professionals who are not attached to a member organisation or who are not in a position to act as the representative for their organisation.
- Any individual who is interested in or cares about suicide prevention.

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