

## **The Lifestyle Award**

### **Zero Suicide Alliance**

Zero Suicide Alliance (ZSA) is a driving force in educating, empowering and equipping the public with the skills and confidence to understand and talk about suicide.

Their recent achievements mark significant strides in this mission, notably with the launch of tailored suicide awareness training for various demographics, including university students, autistic individuals, taxi drivers, prisoners, and probation staff. These courses represent crucial advancements in addressing the heightened risk of suicide among some of the most vulnerable members of our society.

Through collaborative efforts involving individuals, caregivers, and professionals, ZSA has crafted comprehensive training that fill a critical gap in support for these at-risk groups. A recent milestone was the Autism and Suicide training launch, which saw over 1,000 participants signing up, with over 7,000 completing the training within the inaugural month alone. ZSA's impact is undeniably profound. Their commitment to inclusivity, demonstrated through their co-production approach and engagement of individuals with lived experiences, underscores their dedication to saving lives and nurturing a supportive environment for all.

"When developing bespoke training programmes vulnerable groups, we go above and beyond expectations to ensure that our approach is inclusive, comprehensive, and effective.

Taking our Autism and Suicide training course as an example; from the outset we prioritised gathering input from a diverse range of stakeholders, including autistic individuals, carers, and clinical professionals who work with autistic people. We established a lived-experience steering group that provided invaluable support and guidance throughout the process, ensuring that our training reflected the authentic experiences and needs of the community.

We didn't stop there; we conducted extensive research, including a literature review which in the process of being peer reviewed for publication. Additionally we conducted our own lived-experience research involving over 200 participants. We chaired focus groups, held one-to-one meetings and

analysed hundreds of survey results. This allowed us to identify key themes and areas of focus for the training.

The thorough approach extended to script development, where we reviewed, revised, and finalised content with people with lived-experience to ensure accuracy and relevance. Collaborating with online training developers enabled us to bring our vision to life, with meticulous filming, building, and testing of the course. After the official launch of the training, we are proud to share the culmination of our efforts—a free online training resource that we believe will make a meaningful difference in suicide prevention within the autistic community with over 7,000 . This has now been taken over 7,000 times in the first month, with 1,000 people signing up to the launch event.

We have followed this model of delivery for each of our training courses, always involving lived experience advocates, research and through co-production methods. For other training courses this has involved conducting focus group within prisons, universities and in approved premises for probation workers.”