A Lived Experience Story About What Makes a Difference

Video:

In this brief video, Diana Cortez Yañez, a suicide attempt survivor and lived experience consultant, shares her experience of what hospital care was helpful—and what was not—after her suicide attempts.

Watch this video to find out what you can learn by talking with attempt survivors. Consider ways that you and your organization can implement these suggestions and improve the way you provide care for people who have attempted suicide.

Recommended Resources

The Way Forward: Pathways to hope, recovery, and wellness with insights from lived experience [1]

This guide offers information on how to create a sustainable program for survivors of suicide attempt.
A voice at the table [2]

This documentary highlights the need for the voices of individuals with lived experience to inform suicide prevention planning, policy, and training.

United Suicide Survivors International [3]

This organization and website help people who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings—and their friends and families—to take action through leadership, collaboration, and advocacy.
**Engagement informed by lived experiences** [4]

In this three-minute video, Leah Harris, Director of Communications & Development at the National Empowerment Center, shares her thoughts about...

**The role of peer support services in caring for those at risk of suicide** [5]

This webinar explains the role of embedding lived experience into the Zero Suicide initiative and includes examples of how to do so.
Engaging Suicide Attempt Survivors [6]

In this four-minute video, attempt survivor and community mental health provider Barb Gay shares how survivors of suicide attempts can help us improve prevention, transform care, and save lives.

Links within this resource