

Before you decide to take part

Before taking part in this project, you may wish to reflect on whether taking part in this research, at this time, is the right decision for you. We encourage you to discuss taking part with **anyone** you would find it helpful to talk it over with (we will keep your participation confidential, but you do not have to).

We have also put together a list of questions that it might be useful to think over before taking part in the study (inspired by our friends at the [National Suicide Prevention Alliance](#)):

1. How does thinking and talking about your own experiences of suicide make you feel – physically and emotionally? What impact does this have on you at the time, and afterwards?
2. How does thinking and talking about your experiences as an LGBTQ+ person make you feel – physically and emotionally? What impact does this have on you at the time, and afterwards?
3. What signs might show you that the reflections or conversations were impacting you? What might you notice in your body? What thoughts might run through your mind? What emotional responses might you experience?
4. How might you take care of yourself if you find taking part in the research upsetting? Do you have self or community-focussed practices that you have found helpful before?
5. What do you find helpful for grounding or distracting yourself if you are feeling unsettled?
6. Are there people around you who you would feel comfortable reaching out to for support?
7. Do you feel ready for to take part in this research?
8. Do you have any concerns? If you have any questions about taking part, please contact: RainWithinTheRainbow@ed.ac.uk

If you are interested in doing an interview with us, you might also want to think about these questions:

- Are there any topics that you would prefer not to talk about, or any words or phrases that you would find triggering? Would you feel comfortable sharing those with the researcher?
- How do you feel articulating your feelings or boundaries with others? How would you feel about telling the researcher that you needed a break, or that you no longer wanted to take part?

Signs that you could be ready to take part in this research:

- You have thought about the effects that sharing your experiences of suicide as an LGBTQ+ person might have for you, and feel this is manageable. You feel that involvement in the research would be positive for you and that you're looking forward to sharing your story.
- Having considered the questions, you feel that taking part in the research is unlikely to be too upsetting or set you back. You have a sense that if it were upsetting, you would feel comfortable letting the researcher know.
- You have talked it over with someone you trust and have come to the conclusion that taking part would be a good thing for you.
- You understand what might negatively impact you, and have a clear sense of how to draw your own boundaries. You also understand your personal warning signs, and know when, where and how you can access support if you need or want to.

A reminder of helplines and chat services and their opening times

Samaritans – their 24-hour helpline for people of all ages is available by calling 116 123

Shout 85258 – a text support service that is available 24/7, for free, by texting 'SHOUT' to 85258

Papyrus – a suicide prevention charity, working with people aged 35 and under, whose 24/7 Hopeline can be accessed by phone on 0800 068 4141, by texting 'HOPE' to 88247, or by emailing pat@papyrus-uk.org

LGBTQ+ online support and helplines (not 24/7)

Switchboard – this nationwide LGBTQ+ helpline can be reached by phone on 0300 330 0630 (every day from 10am to 10pm), through a chat service at <https://switchboard.lgbt>, or by email at hello@switchboard.lgbt (email replies are within five days)

LGBT Helpline Scotland – this LGBTQ+ helpline is available by calling 0300 123 2523 (Tuesday, Wednesday and Thursday from 12-9pm, and Sunday from 1-6pm), or you can email them at helpline@lgbthealth.org.uk, or see their suicide prevention toolkit at: <https://lgbthealth.org.uk/resource/lgbt-suicide-prevention-toolkit/>

Mind Out – an LGBTQ+ organisation that provides mental health support and resources, which you can check out here: <https://mindout.org.uk/>