

4S Study recruitment email copy

About the study

Researchers at the University of Exeter and the University of Bristol are conducting [the 4S Study](#), an NIHR-funded research study about support for young people around suicide and self-harm. The aim of the study is to strengthen the support that organisations who work with young people can provide around self-harm and suicide prevention, and in response to a death by suicide.

What we're doing

We are conducting two rounds of interviews:

- focus group interviews with **young people aged 14 to 21** who have experience of self-harm (either themselves or someone close to them) or who have been bereaved by suicide
- individual interviews with **adults who work with young people**

The findings of the interviews will be used to inform a further study to produce expert principles of practice for self-harm and suicide prevention and response to a death by suicide.

What we will ask

The questions we will be asking are about:

- experiences of **receiving support** about self-harm and suicide from schools/colleges and youth-focused organisations (such as clubs, youth groups, and sports teams)
- what should be **improved** in existing support provision
- what should be **included in guidance** for adults who provide support to young people

We will NOT ask anyone to share specific details about experiences of self-harm or suicide, and discussion about methods of self-harm will not be permitted.

What you can do

If you are interested in supporting the study, please **share the recruitment flyers** with staff members, young people, or parents/carers of young people within your organisation so they can complete an online expression of interest form.

If you have any questions about anything in the study, please email Rowan Streckfuss Davis r.davis6@exeter.ac.uk