UNITED TO PREVENT SUICIDE

The following Declaration was written by members of United to Prevent Suicide on March 21st, 2026. Members came together from across Scotland at our first national event, the Big Meet Up, in Edinburgh and online.

Through reflection, creativity, and discussion, we explored who we are and what we value, what we want to be different and how can make change.

Members volunteered to take notes, draft the Declaration, and suggest edits to create wording that was written truly collectively.

This Declaration will guide our work in the future and is a testament to our belief that a social movement can save lives.

THE DECLARATION

We are united to prevent suicide and end stigma. We are here because of our commitment to making a difference, our lived and living experience, the people we love and connect with, and energy to make positive change, so that no one needs to feel the only answer is suicide.

We are united by a passion and active hope we can make change in our communities, by care and compassion. We are connected by our shared experiences of pain, grief and hope. We share a recognition that this is a rare and special place in a world where our experience can isolate us.

This is a space, where we spend time together and create space for each other - with respect, compassion, acceptance, honesty and empathy. We are committed to creating a space where everyone can speak up and create connections - by taking time to walk alongside each other, being curious, learning together and recognising the uniqueness of our personal experience, what we're going through, and the value we each bring. We build our confidence to make change through our collective lived and living experience, skills and passion for change.

We are here to spread the message across Scotland, from our cities to the Highlands, Islands and remote communities, to help people connect and have meaningful conversations about how we can take action to validate and offer compassion and emotional support to each other. We want to support communities to share their passion for change, grow capacity for active hope and offer support and recognition for the people in our communities who bring others together to give support and make change.

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This is a community where you do not have to justify yourself, to be seen and recognised for what you bring and have to offer. Where we do not turn away from what's hard, what's not working, the pain and grief, while we hold hope for what is possible together. We strive towards a community and future that is free from judgement, stigma and discrimination. It is also a place where simply being present for each other, is seen as an act of community. We also stand alongside those who support others through suicidal crisis: the families, friends, professionals and communities holding others through their darkest moments.

We refuse to let things stay as they are, and not just be a tick box. We are committed to addressing the causes of distress, not only the moments of crisis, breaking the stigma, and shining a light on those affected by suicide, releasing the shame that so many carry alone. We know that trauma, addiction and suicide are linked, and that taking action across all of them is part of the solution.

We want to move to "now what?" To bridge the gap between hope and hopelessness, influence government towards a genuinely innovative world-leading approach, and change systems so that no one is let down when they need help most.

We invite you to join us. To put down your job title and the labels you want to leave at the door, be yourself, and become part of something bigger than yourself. A place where you are listened to, heard, seen and accepted. Where small ripples of action become a wave of change, and our communities grow the skills and confidence to talk about suicide without fear. We are not on our own. We are equals, united by what we hold in common and what we choose to do together. That fills us with hope. What we are building here is the evidence that change is possible, and the community to make it real - we are united.

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