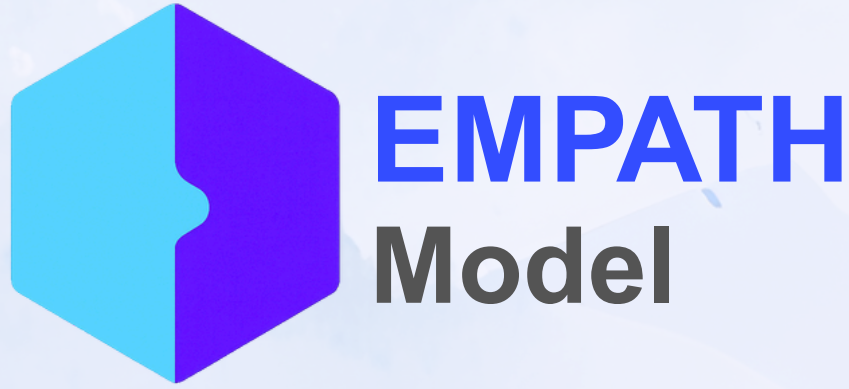


FROM STORYTELLING TO  
SYSTEMS CHANGE

The EMPATH Model

FOR LIVED EXPERIENCE INTEGRATION IN ZERO SUICIDE



COMMUNITY  
CULTURE  
COMPASSION  
CHANGE

THE IMPLEMENTATION GAP

Zero Suicide calls for lived experience to shape the system.  
Health systems often struggle to operationalize it as leadership.

EMPATH provides a structure for moving from storytelling and consultation to shared power in both patient-facing and workforce Zero Suicide implementation.

| PEOPLE RECEIVING CARE                                                         |           | LIVED EXPERIENCE<br>AS LEADERSHIP                                         | HEALTHCARE WORKFORCE                                                           |
|-------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Patients, families, attempt survivors, loss survivors, caregivers, and others |           | Stronger care. Safer workplaces. Healthier systems.                       | Health workers, clinicians, leaders, and staff with lived experience           |
| E                                                                             | ENGAGE    | Bring lived experience leaders in before decisions are made.              | Formal roles · decision authority · compensation · psychological safety        |
| M                                                                             | MOBILIZE  | Train and empower all to work side-by-side as lived experience partners.  | Mutual preparation · shared expectations · support infrastructure              |
| P                                                                             | PARTNER   | Move from consultation to shared power and co-design.                     | Care pathways · workforce supports · governance · quality improvement          |
| A                                                                             | ADVOCATE  | Embed lived experience/expertise into policy, equity, and accountability. | Policy influence · barrier removal · escalation pathways                       |
| T                                                                             | TRANSFORM | Make lived experience part of how the system learns and improves.         | Meaningful measures · feedback · data interpretation · continuous improvement  |
| H                                                                             | HEAL      | Build systems that support healing without causing harm                   | Postvention · recovery support · contributor well-being · choice · flexibility |

BUILT THROUGH SYNTHESIS. DESIGNED FOR IMPLEMENTATION.

EMPATH brings together established international guidance, lived expertise, implementation science, and Zero Suicide practice, then translates them into:  
ROLES → ACTIONS →> ACCOUNTABILITY →> TOOLS →> EVALUATION

THE DETAIL IS IN THE WORKBOOK.

Step-by-step implementation guidance, templates, tools, and worked examples.