



'Our Voice' *empowering lived experience to save lives*

Roses in the Ocean was founded on, and operates through the lens of lived experience of suicide. We exist to change the way suicide is spoken about, understood and prevented, and strongly believe that lived experience holds the key to truly changing the way suicide is prevented.

Roses in the Ocean defines lived experience as . . .

..having experienced suicidal thoughts, survived a suicide attempt, cared for someone who has been suicidal, or been bereaved by suicide.

'Our Voice' is a 2 day, lived-experience informed and delivered suicide awareness and capacity building training program designed to develop the skills required to participate in suicide prevention activities, encourage connectedness, self-care and gain clarity in direction.

Prior to participating in the 'Our Voice' program, participants will be interviewed by a member of the Roses in the Ocean team to ensure that this is the right opportunity and the right time for them to personally engage in suicide prevention. Their wellbeing is our utmost concern and will always be central to every interaction they have with Roses in the Ocean.

As a result of attending the 'Our Voice' program participants will be equipped with:

- a deeper understanding of their lived experience and how it can be utilised to benefit others and enhance suicide prevention initiatives.
- up to date awareness of how suicide is impacting their local and regional communities
- an understanding of the importance of appropriate messaging and language when discussing suicide
- an appreciation for the perspectives of other people with a different lived experience to your own
- a sense of empowerment to engage meaningfully in suicide prevention activities and initiatives of their choosing
- an understanding of what it means to be part of an advisory/ reference group (and the purpose of a Terms of Reference)
- confidence to have a range of different conversations about suicide that they may be faced with as a lived experience representative



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Program Overview

Day 1

• **My Lived Experience – What is my story? How can I contribute?**

A facilitated process that gently guides people with a Lived Experience of suicide to explore their story and the key messages that can be drawn from it. It allows for reflection and discovery in a safe and supported environment, while highlighting to people how their insight and wisdom gained through their experience can contribute to suicide prevention.

Given that we continue to reflect on our lived experience throughout our involvement, and different components of our stories surface at different times, participants will be shown a process of how to self reflect, identify varied and relevant components of their experience; how to relate the insight to the content and direction of the Reference Group’s work, and how to feel safe and confident to share these experiences.

Day 2

Day 2 explores the following areas, their importance and how lived experience can effectively be used to enhance conversations, design and delivery of suicide prevention plans and initiatives.

- Ongoing Self care & support
- Suicide – Myths, Biases, Misunderstandings, and the Facts!
- Lessons from Lived Experience and how these various perspectives enhance suicide prevention
- Suicide in your local & regional area
- An introduction to MindFrame Media Guidelines, and Conversation Matters resources
- How can I combine my lived experience expertise, my personality strengths and my other life/work skill sets to best contribute to suicide prevention





Training Logistics

2 day workshop
9am – 4.30pm daily

How do people apply?

People with a lived experience of suicide can apply to participate in the 'Our Voice' program with a view to becoming a Lived Experience Representative. We ask that they first read the document, '**Am I Ready?**' and then complete the '**Expression of Interest**' form and return it to *Roses in the Ocean*.

