

# “Living Perspectives of Suicide”

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All Roses in the Ocean programs and workshops are lived experience informed, designed and delivered by professional facilitators who also have a personal lived experience of suicide.

“Living Perspectives of Suicide” is a suicide awareness & intervention workshop designed collaboratively between Roses in the Ocean and Lifeline Qld. The workshop explores the complexity of suicide, the myths & misconceptions, and practical guidelines for engaging in the necessary difficult conversations. The concept of self care is covered in detail, as are the practical steps to take when supporting someone in crises while professional help is sought.

## Duration of Program

1 day and Half day workshops available

## Who is this program for?

“Living Perspectives of Suicide” is easily customised for various audiences who are interested in gaining a new perspective of suicide from the people whose lives have been directly affected by it.

Originally designed for people working within frontline crisis roles the program is highly valuable for general community as well as people working within mental health, suicide and social service areas. The program is customisable for specific attendee needs ranging from frontline call centre staff to community gatekeepers to general community members and workplaces.

## On completion of this program, you can expect to have:

- \* attained a deeper understanding and appreciation of suicide
- \* increased confidence & capacity to engage with people in crises
- \* Improved confidence to connect a person at risk of suicide with support
- \* an appreciation of the importance of self care
- \* an increased overall suicide literacy for use in the workplace & in personal life
- \* “debunked” commonly held suicide myths with facts and lived experience
- \* increased awareness of warning signs and invitations for help
- \* greater understanding of micro-skills and how to apply the

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