



Reflections of My Lived Experience - Terms and Conditions

The Premise

Roses in the Ocean will produce a publication that defines lived experience of suicide. The publication will represent shared learnings and valuable insights and have a strong message of hope.

The publication will be available at Roses in the Ocean events and launched at the Lived Experience of Suicide Summit in Melbourne 2020.

Roses in the Ocean defines lived experience of suicide as having experience suicidal thoughts, survived a suicide attempt, cared for someone through suicidal crisis, or been bereaved by suicide.

We believe people with a lived experience have attained valuable insight and perspective from their unique experience.

The Mission

A collection of personal accounts from people with a lived experience of suicide.

The intended purpose of the book is to

- increase awareness of lived experience of suicide in the community and the collective knowledge they have to share
- encourage and empower people with a lived experience of suicide
- provide hope and inspiration to the readers

The Inspiration

This is an opportunity to reflect on what *your* lived experience has taught you. How has it changed you? What are the learnings you can share? What advice would you give?

NOTE *It is important participants consider their readiness to participate in this project and recognise the potential for emotional or mental distress. Please seek support if necessary.*

The Fine Print

- One entry per participant.
- Participants must be at least 16 years old
- Submissions can be in the format of letter to self, Dear Diary, anecdotes, self-made quotes or mantras, doodles, original artwork and poems. No more than one single page (300 words max)
- No mention of suicide method (specific or implied)
- No strong or obscene language
- No reference to individuals by surname (seek permission before including reference to people in your submission)
- All entries will be assessed by members of Roses in the Ocean.
- Roses in the Ocean retains the right to refuse to publish a submission in the project.
- Submissions may be edited including spelling and grammar.
- All submissions must include the *Permission to Publish form*

Submissions

- Closing date for submissions – 31 December 2019
- Post to Reflections of my Lived Experience, PO Box 84, Wilston Queensland 4105
- Email reflections@rosesintheocean.com.au

