

Lend your voice to suicide prevention in your Southern NSW community



Key suicide prevention initiatives are being co-designed and implemented by your Local Health District as part of the [NSW Strategic Framework for Suicide Prevention 2018-2023](#). An opportunity exists for you to participate in a lived experience capacity building workshop, facilitated by Roses in the Ocean, contribute to these Toward Zero Suicide initiatives.

Who is this workshop for?

Many people within our communities have a lived experience of suicide - be that through having experienced suicidal thoughts, survived a suicide attempt, cared for someone through suicidal crisis, or being bereaved through suicide - your insight is critical.

'Our Voice in Action' and 'LaunchPad' are workshops designed for people with a lived experience of suicide who want to learn how to bring their specific wisdom and learnings to the table. They prepare you as a group to effectively harness your collective expertise and work with other LE representatives within your LHD. The Toward Zero Suicides initiatives include:

- Alternatives to emergency departments – safe spaces (co-design)
- Zero suicides in care
- Postvention services
- Suicide Prevention Outreach Teams

At the end of the workshop, you will form a Lived Experience Advisory Group (LEAG) where you will contribute your lived experience in an ongoing role to help inform the Towards Zero Suicides initiatives.

When considering this opportunity, please read '[My readiness to be involved in suicide prevention](#)' to support you to make an informed decision.

Training information:

Our Voice in Action

Date: 27-29 August 2020.

Location: in the [Southern NSW Local Health District region](#).

If we are unable to meet face to face due to COVID-19 restrictions this workshop can be delivered online. We will advise you if there is any change required and appreciate your understanding and flexibility.

LaunchPad

Date: 27-29 August 2020.

Location: in the [Southern NSW Local Health District region](#).

If we are unable to meet face to face due to COVID-19 restrictions this workshop can be delivered online. We will advise you if there is any change required and appreciate your understanding and flexibility.

Please register your interest by completing this online Expression of Interest: [register here](#)

A Roses in the Ocean team member will call you to discuss the workshops in more detail and help you determine your readiness to be involved. If you require assistance to complete the online form, please call us on 1300 411 461 and we will help.

