

Lived Experience in the Media Evidence Statement

Lived Experience in the Media is a two-hour workshop, designed in conjunction with EveryMind's Mindframe Media. This workshop is aimed at providing participants with the knowledge, confidence and skills to engage positively and with media. This workshop is an important component of our lived experience professional skills development training.

Sharing personal lived experience of suicide through any form of media requires careful consideration and planning. As an aside, it is strongly advised that mentoring support is made available to the speaker during the preparation phase and directly after the event or media interview. The first component of the workshop includes discussion relating to Mindframe media guidelines from EveryMind, which includes briefly discussing the various types of media, what lived experience people can reasonably expect from journalists, and a helpful guide for sharing your story. (EveryMind).

Further content during this workshop focusses on why and what is different about sharing one's lived experience with the media as opposed to speaking about a topic or issue that is not so personal and emotional. Participants are provided with a Personal Media Template to assist them in their planning for a lived experience engagement with the media which includes key messages and key points for discussion. The remainder of the workshop is devoted to participants practising the skills needed when speaking to the media. Further supporting evidence for this workshop is also drawn from (World Health Organisation & International Association of Suicide Prevention, 2017).

References

EveryMind: Mindframe media guidelines - communicating about suicide <https://mindframe.org.au/suicide/communicating-about-suicide>

World Health Organisation, & International Association of Suicide Prevention. (2017). Preventing suicide: a resource for media professionals. Department of Mental Health and Substance Abuse.