



Living Perspectives of Suicide is a half or full day suicide awareness and intervention workshop. The workshop explores the complexity of suicide, the myths and 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.

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.

ON COMPLETION OF THIS PROGRAM, YOU CAN

DURATION OF THE WORKSHOP

1 day and half day workshops available.

WHO IS THE WORKSHOP FOR?

Originally designed for people working within front line crisis roles the workshop is highly valuable for people working within mental health, suicide and social service areas.

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.

EXPECT TO HAVE:

- Attained a deeper understanding and appreciation of suicide.
- Increased confidence and 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 and 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 them.

