



Community members represent numerous 'TouchPoints' for person to seek and receive help. This informative and interactive workshop is designed specifically to give community members an insight into suicide through the lens of people who have personally experienced it, and equip them with the right knowledge and practical tools to reduce the emotional pain experienced by many around us, and even save a life.

This workshop is different from other Gatekeeper training in that its evidence based content is interwoven with the expertise of people who have a lived experience of suicide. We share what can be helpful, what may not work so well, and most importantly how best to support people at risk, as well as people bereaved through suicide.

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.

DURATION OF THE WORKSHOP

4 hours.

WHO IS THE WORKSHOP FOR?

- Community members in general.
- Regular 'Community TouchPoints' – hairdressers, sports coaches, baristas, newsagents, pharmacy staff, taxi drivers etc.
- Within a workplace – general staff; HR; management.

ON COMPLETION OF THIS WORKSHOP, YOU CAN EXPECT TO HAVE:

- Attained a deeper understanding and appreciation of the complexity of suicide.
- Increased awareness of warning signs and invitations for help.
- Increased confidence & capacity to engage with people in crisis.
- Improved confidence to connect a person at risk of suicide with support.
- An appreciation of the importance of self care and practical tools to implement.
- 'Debunked' commonly held suicide myths with facts and lived experience.
- Practical ways in which to support someone bereaved through suicide.
- Knowledge on how best to support someone return to the workplace.



Roses in the Ocean
stemming the tide of suicide