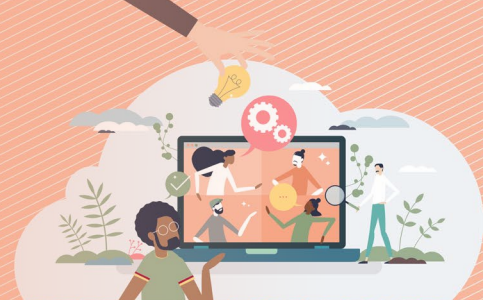


# LE Engagement & Development Program Community Mentoring Series



We invite you to join Roses in the Ocean's LE Community Mentoring series, led by community members at the forefront of lived experience engagement in suicide prevention across Australia.

This series will offer a platform to engage in meaningful discussions, further your connections with the supportive LE Collective community, and gain insights, guidance and support.

Tailor your experience by selecting sessions with mentors that align with your specific areas of interest in suicide prevention.



## Community mentoring sessions

### Dates

12 March	27 August
23 April	24 September
21 May	22 October
25 June	26 November
23 July	10 December

### Times

4:00pm - 5:00pm AEST (QLD)
5:00pm - 6:00pm AEDT (NSW, ACT, VIC, TAS)
2:00pm - 3:00pm AWST (WA)
3:30pm - 4:30pm ACST (NT)
4:30pm - 5:30pm ACDT (SA)



## Meet the community mentors

To read their full bios and learn more about their areas of expertise click on the mentors name.

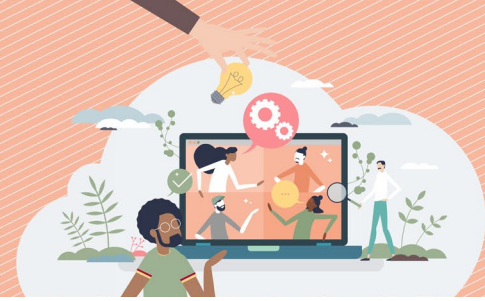
Caroline Allen	Glenn Cotter
Rosiel Elwyn	Sophie Hattch
James Hill	Ray O'Brien



## How do I register?

To register to attend, please visit the online form, click on the QR Code, or scan it with your smart device camera.





## Meet the community mentors

### Caroline Allen



Caroline Allen is a suicide attempt survivor who continues to experience intense episodes of suicidal ideation. In 2015 she completed a psychology degree, graduating with first class honours. Utilizing her lived experience and academic training, Caroline is passionate about improving services for people who seek support regarding thoughts of suicide or who survive a suicide attempt. Her interests include challenging the medicalised model of suicidality, creating spaces where people can openly share their feelings of suicide without fear of emergency services being called, and working with organisations to help them integrate trauma informed practices into their services. Within her Local Health District (LHD), Caroline is a member of the Joint Regional Mental Health and Suicide Prevention Plan Steering Committee, the Towards Zero Suicides Lived Experience Advisory Group, and the Mental Health Consumer and Carer Council. Caroline has presented at conferences including the Suicide Prevention Australia (SPA) conference and the Roses in the Ocean Lived Experience Summit and has been involved in the development of educational materials including a unit on suicide prevention and support for mental health and psychology students at Monash University. Caroline has also worked closely with Lifeline Australia as a member of the Steering Committee for the Wellbeing Support Program and as an advisor in the re-writing of the Crisis Support Worker Training.

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### Glenn Cotter



Glenn works as a Lived Experience Peer Worker with Grand Pacific Health in the Next Steps program across the Bega Valley on the NSW Far South Coast since 2018

Glenn spent a number of years as Deputy Chair of Bega SPAN before taking on a leading role in the development of The Bega Valley Eurobodalla Suicide Prevention Collaborative, now sitting on the Executive Steering Committee.

In 2022 Glenn joined the SPA Lived Experience Advisory Panel as well as the ACT\NSW Regional Advisory & is passionate about the value of Lived Experience in Suicide Prevention & Suicidal Crisis Counselling joining the LEP to help those in rural & regional areas have a voice.

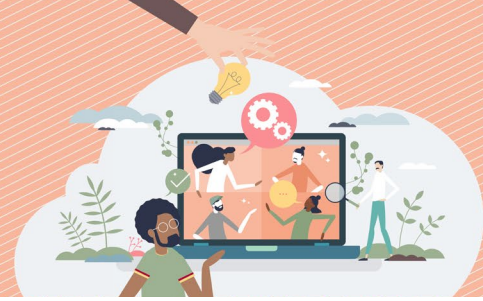
Glenn became a Community Ambassador with R U OK? In 2018 where he continues to work to bring community together in breaking down the stigma surrounding suicide

Glenn was recognised for his work in community with a Community Services Medal presented by Bega Valley Shire in 2018, finalist in the Barbra Hocking Memorial Awards in 2021 plus being nominated for an Australian Mental Health Award in 2022

Glenn has provided Lived Experience consultancy with many Suicide Prevention Services including Suicide Prevention Australia, The Black Dog Institute, Roses In The Ocean, Critical & LivingWorks Australia as well as being a registered SafeTALK Trainer with LivingWorks Australia

Glenn is active in speaking publicly about the value of Lived Experience in Suicide Prevention, using his knowledge & experience as a member of the original Suicide Prevention Lived Experience Speakers Bureau as well as the Roses in The Ocean Voices of Insight Group.

Glenn has presented on his experience of Lived Experience at numerous events & conferences including the International Association of Suicide Prevention Asia Pacific Conference, Gold Coast 2022, Roses in The Ocean Lived Experience Summit, Hobart, 2023, SPA National Suicide Prevention Conference, Canberra 2023 & The Rural Mental Health Conference, Albury 2023.



## Meet the community mentors

### Rosiel Elwyn (They/them)



Rosiel is a Master of Psychology graduate and a PhD candidate at the Thompson Institute, studying the neurobiology of anorexia nervosa.

Rosiel currently works as a lived experience researcher and mental health consultant on a number of projects, focusing on topics including suicide prevention, self-harm, eating disorders, psychosis, trauma, and trauma-informed care. As part of this work, Rosiel has been involved in co-design in suicide prevention research, and evaluation of Safe Havens programs.

Rosiel is a member of an Expert Advisory Committee developing a screening measure for self-harm and suicidal behaviours in children aged 6-12 years old, aimed at early intervention.

Rosiel is also a member of various advisory committees for Switchboard, Suicide Prevention Australia, Roses in the Ocean as well as co-chairing Queensland Mental Health Commission's Lived Experience Advisory Group for Suicide Prevention.

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### Sophie Hattch

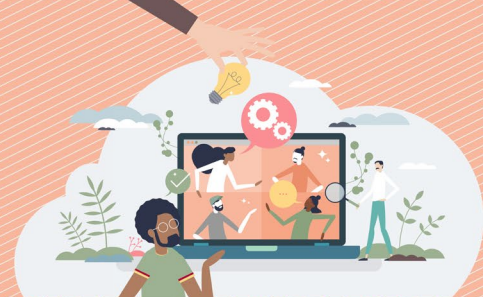


Sophie is a mental health and suicide prevention advocate, and soon to be qualified counsellor. She has a lived experience of a suicide attempt 7 years ago, which led her to want to use this experience to help and support others who are struggling. She has since been working for Lifeline as a crisis supporter and mentor to other volunteers, as well as sharing her lived experience as a spokesperson for Lifeline in the media.

Through Roses in the Ocean Sophie has collaborated with organisations such as The Black Dog Institute, Monash University, NSW Health and The University of Sydney. She was also the recipient of one of the 2023 Grassroots Community Grants for a suicide prevention initiative in Sydney's Eastern Suburbs.

She has a particular interest in youth mental health, peer support and non-clinical intervention, and suicide attempt aftercare for survivors and carers. Her main self-care is her Labrador Rose whose high energy and bottomless appetite never fails to bring her joy.





## Meet the community mentors

### James Hill



James Hill is a passionate Mental Health Advocate whose background is in the electricity industry. James has successfully implemented positive systemic and cultural change regarding workplace mental health and is the Mental Health Manager for Energy Queensland, leading a dedicated mental health team. Outside the workplace James is a lived experience speaker for Beyondblue, advisor for the Queensland Mental Health Commission and a lived experience advocate for UniSc Thompson Institute.

His achievements in the mental health sector have earned him the Individual Contribution to Mental Health Award in Queensland Australia, along with the Large Workplace Mental Health Award. In addition, he was a finalist for the Queensland Local Hero category in the Australian of the Year awards and awarded the Chancellors Medal at UniSC for his contribution to mental health.

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### Ray O'Brien



Ray enjoyed a career in industrial sales and operations prior to the loss of one of his children to suicide in 2017. Later that year Ray moved into the charity and not for profit sector and currently works as a support worker in mental health and suicide prevention as well as volunteering in suicide prevention and postvention activities. Ray co-facilitates a peer led suicide bereavement support group in Townsville and recently commenced co-facilitating an online peer support group for Western Queensland. He is a volunteer member of the Standby FNQ Advisory Group; the Selectability Community of Practise; Treasurer of the Townsville Suicide Prevention Network and member of the Roses in The Ocean Lived Experience Collective and currently a member of the Roses in the Ocean Lived Experience Advisory Group.