



The [Lived Experience in the Media](#) workshop is an extremely important component of our lived experience training. Sharing your personal experience of suicide through any form of media requires careful consideration and planning. This 2 hour workshop, designed in conjunction with Everymind's MindFrame Project, provides you with the knowledge, confidence & skills to engage positively with media.

On completion of the workshop, you will have access to your Roses in the Ocean Mentor before and after all media engagements, for preparation and debrief.

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 PROGRAM FOR?

[Lived Experience in the Media](#) is for everyone with a lived experience of suicide who wishes to engage in media activity for the purpose of suicide prevention.

Completion of the [Our Voice in Action](#) program is a preferred prerequisite for this workshop.

ON COMPLETION OF THIS WORKSHOP, YOU CAN EXPECT TO BE ABLE TO:

- Articulate with confidence to the media the need for them to adhere to the MindFrame guidelines for safe reporting of suicide.
- Explain and use safe and appropriate language when discussing suicide.
- Communicate the key messages of your lived experience with appropriate disclosure.
- Understand the potential ramifications of sharing your story with media.
- Prepare answers to common questions asked by media when writing about suicide.
- Prepare your personal Media Template.

