

# VOICES OF IN-SIGHT

Lend your voice to suicide prevention in your community.



## Everyone has a story.

Many people within our communities have a lived experience of suicide, be that through having experienced suicidal thoughts; survived a suicide attempt; supported a loved one through suicidal crisis; or being bereaved through suicide.

Your voice, insight and wisdom is critically important to guide suicide prevention activity in your local region and will help enrich the work by Roses in the Ocean.

An opportunity now exists for you to participate in a lived experience designed and delivered storytelling and speakers training workshops facilitated by Roses in the Ocean, a national lived experience of suicide organisation.

'Voices of In-Sight' workshop is a unique opportunity to reflect on your lived experience and learn how to share your personal story for greatest impact and influence. We will work alongside you to help you discover the components of your lived experience of suicide that can help others and present your insights in a meaningful way.

Sharing your lived experience of suicide story is one way of contributing to how suicide and suicide prevention are thought about and approached. There are numerous ways in which your experience can help drive the changes you want to see. Your story is just the beginning.

For more information about the Voices of In-Sight Lived Experience Workshop, view the **Workshop Outline**. When considering this opportunity, please read '**My readiness to be involved in suicide prevention**' to support you to make an informed decision.



## Workshop details:

Date	Fri 29 & Sat 30 November 2024
Time	8:30am - 4:30pm
Location	Cairns, QLD



[forms.office.com/r/RPEqF2QGwU](https://forms.office.com/r/RPEqF2QGwU)



## How do I register?

To register your interest in attending the workshop, click on the QR Code, or scan it with your smart device camera. A Roses in the Ocean team member will call you to discuss the workshops in more detail and help you determine your readiness to be involved. If you require assistance or have any questions, please call us on 1300 411 461.

This workshop is led and facilitated by Roses in the Ocean.



Roses in the Ocean  
stemming the tide of suicide