

Collaborate with people with a lived experience of suicide in the co-design of an Alternative to ED safe space for the Nepean Blue Mountains Region



As part of the NSW Strategic Framework for Suicide Prevention 2018-2023, Roses in the Ocean has been contracted for the Alternative to ED project to lead the co-design of a safe space within Nepean Blue Mountains Local Health District.

The Alternative to ED service will provide a non-clinical, warm and welcoming space where people experiencing distress, suicidal thoughts and behaviours are able to connect with Suicide Prevention Peer Workers who have a lived experience of suicidal crisis or attempt. It is a place where they can find compassion, understanding, support and connections to other services and information they determine would be helpful.

The co-design process brings people with a lived experience of suicidal crisis or attempt together with other key stakeholders in community to explore how best to meet the needs of people looking for alternatives to ED. The co-design approach fosters a collaborative relationship between services users and service providers such that a service is designed that meets the needs of the people who will use it. Through a series of focus conversations, group sessions, webinars and feedback loops, we will collectively design a safe space that people want to visit, and others are keen to connect people to.

Nepean Blue Mountains Local Health District are looking for health professionals who work within and outside of the public health system, to collaborate on the co-design and it is vital to include people with a broad professional background to be involved. We are looking for professionals in these key areas and more, to bring a broad range of perspectives:

Public health	NGO
Aboriginal Community Controlled Health Organisation	Peer worker/coordinator
Manager: crisis support service	Crisis support worker
Manager: mental health or suicide prevention	Triage
Mental Health CNC	Mental Health Line experience
Alcohol and other drugs worker	General Practitioner
Frontline emergency responder (e.g. police, ambulance, ED staff)	Mental health/ambulance project clinician
Other	

A group of health professionals will be selected to participate in the co-design process which will involve your attendance in sessions on 7th and 14th September 2020. Selection will be determined by ensuring diversity of professional exposure and demographics. We expect a lot of interest in this project and those of you who are not able to be accommodated in the actual co-design sessions, where places are limited, will be invited to contribute your views throughout the feedback loops.

Please [REGISTER HERE](#) to complete the online Expression of Interest (EOI) form and indicate if you would like to be part of the co-design group or contribute to the feedback loops through live webinars and surveys.

Location: Combination of online zoom sessions and face-to-face (in the Blue Mountains area)

Dates:

- Online Focus Groups conversations: 24 & 25 August 2020 (3 x 1hr zoom sessions; choice of session)
- Face to face Health Professional Co-Design session: 7 September 2020
- Face to face Combined Lived Experience and Health Professional Co-Design Session: 14 September 2020

EOI Closes: 3 August 2020

