

Opportunity to contribute your lived experience of suicide to the co-design of an Alternative to ED safe space in the Nepean Blue Mountains Region



Health
Nepean Blue Mountains
Local Health District


Roses in the Ocean
stemming the tide of suicide



BEACON STRATEGIES

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. Through a series of focus conversations, group sessions, webinars and feedback loops, we collectively design a safe space that people want to visit, and others are keen to connect people to.

It is vital to include people with a lived experience of suicidal crisis in the co-design of a safe space to identify and meet the needs of people who will use the space, inform the physical location and environment of the space, and help determine what services the safe space will offer.

We are looking for people with a lived experience which includes:

- experienced suicidal crisis or attempt
- have cared for someone through suicidal crisis
- attended an emergency department due to suicidal thoughts
- been an inpatient at hospital or accessed clinical services
- or perhaps chosen not to go to the emergency department

We believe everyone's lived experience is as valuable as the next persons. Selection onto the Lived Experience session on 17-18 August 2020 and the Combined co-design session on 14 September 2020 will be determined by ensuring diversity of lived experience and demographics, as there is a limited number of spots available. Those who miss out will be invited to participate throughout the project feedback loops where your perspectives and ideas will contribute to the overall co-design process.

To be involved please [REGISTER HERE](#) to submit your online expression of interest (EOI). You can indicate on the EOI if you would like to be part of the lived experience co-design group or if you'd like to contribute to the feedback loops through live webinars and surveys.

Location: In the Blue Mountains area

Dates:

- Lived Experience Co-Design Session: 17 & 18 August 2020
- Combined Lived Experience and Health Professionals Co-Design Session: 14 September 2020

EOI Closes: 3 August 2020

