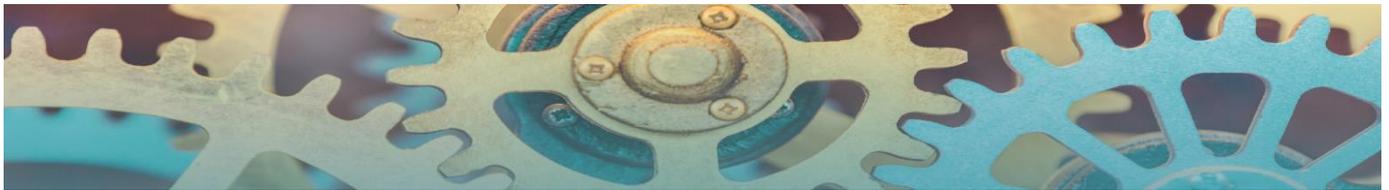


Lend your voice to suicide prevention in the Nepean Blue Mountains community



Health
Nepean Blue Mountains
Local Health District



Many people within our communities have a lived experience of suicide - be that through having experienced suicidal thoughts, survived a suicide attempt, cared for someone through suicidal crisis, or being bereaved through suicide. Your voice, insight and wisdom are critically important to enrich the work of the Nepean Blue Mountains Local Health District.

Who is this workshop for?

'Our Voice in Action + Launchpad' workshops are for people with a lived experience of suicide who are ready and keen to explore opportunities to be involved in suicide prevention activities. It is for people who believe they are ready to use their lived experience to help others and inform the future direction for suicide prevention.

An opportunity now exists for you to participate in a lived experience designed and delivered capacity building workshop facilitated by Roses in the Ocean, a national not-for-profit organisation dedicated to suicide prevention informed by lived experience.

Once you have completed the workshop, you and the other participants will become part of a supported community-based suicide prevention action group (e.g. advisory groups) in a planned, coordinated and impactful manner.

Our Voice in Action Lived Experience Workshop

Start Date: 17 June 2020

Location: Online Delivery

****Please note, during COVID-19 restrictions, we are delivering the Our Voice in Action workshop online and will wait until we can all be face to face again for the LaunchPad workshop, giving you all a chance to come together and meet everyone.**

The online delivery of Our Voice in Action will be delivered over a period of two (2) weeks with a combination of:

- 4 x small group zoom sessions (1 to 1.5 hours each);
- 2 x 1-on-1 coaching sessions (1 hour each)
- self-paced activities in between sessions.

For more information, view the program outline about the [Our Voice in Action+LaunchPad](#) Lived Experience workshops. Please also read '[My readiness to be involved in suicide prevention](#)'.

If you think you might be interested and would like to learn more, please register your interest with us by completing this online form: [REGISTER HERE](#). A few weeks prior to the workshop, a member of the Roses in the Ocean team will call you to discuss the workshop and help you determine your readiness to be involved.

If you do not have access to complete the online form, please register your interest by calling Roses in the Ocean on 1300 411 461 to arrange a time to chat further.

The Our Voice in Action Lived Experience + LaunchPad workshops are led and facilitated by Roses in the Ocean and are supported by the NSW Ministry of Health for the [NSW Strategic Framework for Suicide Prevention 2018-2023](#).

