

OUR VOICE IN ACTION

Lend your voice to suicide prevention in your Illawarra Shoalhaven Community



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.

An opportunity now exists for those with a lived experience of suicide, who reside in the Illawarra Shoalhaven region, to participate in a lived experience designed and delivered, capacity building, workshop facilitated by Roses in the Ocean.

Following the workshop, you will have gained increased skills to support your ongoing role with the Illawarra Shoalhaven Suicide Prevention Collaborative, where your voice, insight and wisdom will help to guide suicide prevention in your local region.

'Our Voice in Action' is a workshop 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 utilise their lived experience to help others and inform future direction for suicide prevention.

For more information about the Our Voice in Action Lived Experience workshop, view the [Workshop Outline](#).

When considering this opportunity, please read '[Readiness to be involved in suicide prevention](#)' to support you to make an informed decision.



Workshop details:

Date

Friday 20 and Saturday 21 May 2022
8:30am - 4:30pm

Location

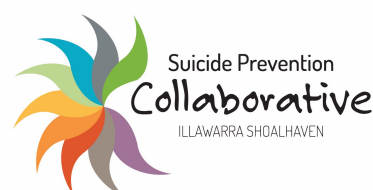
Kiama, NSW



How do I register?

To register your interest in attending this workshop, complete the online [Expression of Interest form](#) by clicking on the QR Code or scanning 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 to complete the online form, please call us on **1300 411 461** and we will help.



1300 411 461

enquiries@rosesintheocean.com.au

www.rosesintheocean.com.au

