

PRESENTING HIGHLIGHTS FROM OUR SUITE OF SERVICES

As Australia's leading exponent of Lived Experience of suicide, Roses in the Ocean collaborates with government and non-government organisations within the suicide prevention sector to ensure sustainable investment in, and meaningful inclusion of, Lived Experience expertise in all aspects of suicide prevention.

If you would like further information about our services or how we can work with you, please contact us at enquiries@rosesintheocean.com.au or call 1300 411 461.



Roses in the Ocean

stemming the tide of suicide





TOUCHPOINTS

COMMUNITY WORKSHOPS

TOUCHPOINTS

Community members represent numerous 'TouchPoints' for people to seek and receive help.

This informative and interactive workshop is designed specifically to give community members an insight into suicide through the lens of people who have personally experienced it, and equip them with the right knowledge and practical tools to reduce the emotional pain experienced by many around us, and even save a life.

This workshop is different from other Gatekeeper training in that it's evidence based content is interwoven with the expertise of people who have experienced suicide first hand. We share what can be helpful, what may not work so well, and most importantly how best to support people at risk, as well as people bereaved through suicide.

Roses in the Ocean is now offering TouchPoints as a sustainable community capacity building model with local people with LE being trained as Community TouchPoints Trainers under a licensing model.



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On completion of this workshop attendees can expect to have:

- Attained a deeper understanding and appreciation of the complexity of suicide.
- Increased awareness of warning signs and invitations for help.
- Increased confidence & capacity to engage with people in crisis.
- Improved confidence to connect a person at risk of suicide with support.
- An appreciation of the importance of self care and practical tools to implement.
- 'Debunked' commonly held suicide myths with facts and lived experience.
- Practical ways in which to support someone bereaved through suicide.
- Knowledge on how best to support someone return to the workplace.



[Click here for more information](#)



SP PEER WORKFORCE

DEVELOPMENT SERVICES



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SP PEER WORKFORCE

Our Suicide Prevention (SP) Peer Workforce Development Services is a suite of resources and training for the emerging Suicide Prevention Peer Workforce. It consists of specialised training for people with a lived experience of suicide wishing to work in formal peer roles within suicide prevention services, and a range of peer support services and resources for them and the organisations who engage them. Everything has been contextualised to the specific needs and nuances of working within suicide prevention through the lens of personal lived experience of suicide.

The SP Peer Workforce Development Services constitutes a foundational skill platform, and recognises the need for, and benefits of, specialised recruitment, organisational readiness, ongoing peer mentoring, group co-reflection and a myriad of additional training opportunities for specific ongoing professional development. Involvement in a SP Peer Worker Community of Practice will further support this emerging workforce. The Development Services are delivered in three stages as illustrated below.



Click here for more information



**We're connected,
even before we connect.**

SP PEER CARE CONNECT

SP Peer CARE Connect is a suicide prevention 'warmline' call-back service, created by Roses in the Ocean to provide a safe place for people with a lived experience of suicide to connect with others with a similar lived experience of suicide.

Peer CARE Companions are available to talk through this shared experience, and may assist in providing relief from emotional stress, explore coping strategies, provide suggestions for online resources and/or information.

Whether a person has lost someone to suicide, is caring for someone, has survived an attempt, or has been living with their own suicidal thoughts, we will connect them with a Peer CARE Companion for a conversation centred on Compassion Acceptance Respect Empathy.

The service will be operational from April 2021.



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**There is
someone who
understands...**

My thoughts
of suicide come
and go... I'd like to
speak with someone
who can share how
they manage
theirs.

I'm caring
for my teenager
24/7 and just need
to speak with another
parent who has been
through this.

**...someone who
gets you.**



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CONSULTING AND ADVISORY WORK

CONSULTING AND ADVISORY

Roses in the Ocean is nationally and internationally recognised for our expertise in building the capacity of people with lived experience (LE) to inform, influence and enhance all aspects of suicide prevention, and supporting organisations to meaningfully integrate lived experience into their work.

Roses in the Ocean's advisory and consulting services are available to government, suicide prevention sector organisations, NGOs and community groups.

Everyone who works within Roses in the Ocean and our diverse LE Collective has a personal lived experience of suicide coupled with a wide range of supporting skills and knowledge.



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Our team are available to:

- identify opportunities for the inclusion of lived experience
- advise on considerations for effective integration of lived experience
- support to develop and implement an organisational LE Framework
- facilitate community engagement
- develop and support multi stakeholder projects
- co-design services, resources, projects
- program design, delivery and distribution
- establishment of SP Peer Workforces
- research & evaluation partners
- co-design LE into Research projects



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CONTACT US

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Click here to visit our website



Please email us if you would like to receive a copy of our Year in Review



1300 411 461



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