

MEDIA RELEASE

Lend your voice to suicide prevention in the Mildura region

19 March 2018

People with a lived experience of suicide have the opportunity to work alongside Murray PHN and the Victorian Government to inform suicide prevention activity, strategy and initiatives as part of the Mildura Suicide Prevention Trial.

Mildura is one of 12 locations in the state taking part in the Victorian Government's trial to develop local strategies to prevent suicide. It forms part of the *Victorian Government suicide prevention framework 2016-2025* aimed at halving Victoria's suicide rates by 2025.

As part of the trial, leading suicide prevention organisation, Roses in the Ocean, is providing free training to those living in the Mildura Rural City Council local government area.

The "Our Voice in Action" program is a two-day long capacity building program for people with a lived experience of suicide looking to meaningfully participate in suicide prevention strategies.

Roses in the Ocean defines someone with a lived experience as having experienced suicidal thoughts, survived a suicide attempt, cared for someone through a suicidal crisis or been bereaved by suicide.

Roses in the Ocean CEO and founder, Bronwen Edwards, said lived experience insights are the critical component that can inform, influence and enhance suicide prevention initiatives, support services and training.

"The training provides a safe and supportive environment for people to explore their lived experience of suicide and identify ways in which they can help others, and improve suicide prevention in their local area," Ms Edwards said.

"It is an absolute privilege to work alongside people with a lived experience of suicide. Everyone's experience is unique and so incredibly important.

"I love watching the people in our groups experience what it is like to be with other people who truly understand – and when this happens they are open to broadening their perspectives," she said.

Spaces for the training, which is being delivered for Murray PHN, are strictly limited. The first training round will be conducted in Mildura on Thursday 12 and Friday 13 April.

To take part, please register your expressi89on of interest by Friday 30 March at <https://goo.gl/forms/Gv3PekVp1tEDAwuz2>. or by emailing livedexp@rosesintheocean.com.au

If you are in an emergency or at immediate risk of harm to yourself or others, please contact emergency services on 000. Other services include: Lifeline – 13 13 14 or www.lifeline.org.au Suicide Call Back Service – 1300 659 467 or www.suicidecallbackservice.org.au

Contact details:

Caroline Hamilton, Communications Specialist, e: chamilton@murrayhn.org.au or t: 0449 257 776.

Background information about the Mildura Place Based Suicide Prevention Trial

The Mildura Place Based Suicide Prevention Trial began in August 2017, and will run until 2020.

It is coordinated by Murray PHN on behalf of the Victorian Government. There are twelve trial sites in Victoria, including Benalla which is also in the Murray PHN region.

Using the Lifespan Framework developed by the Black Dog Institute, the trials will address suicide prevention by working with local communities to develop community-driven suicide prevention plans that address local priorities and build on existing services and supports.

This includes: improving emergency and follow up care for suicidal crisis; using evidence-based treatments for people at risk of suicide; equipping primary care to identify and support people in distress; improving the competency and confidence of frontline workers to deal with suicidal crisis promoting help-seeking, mental health and resilience in schools; training the community to recognise and respond to suicide risk; engaging the community and providing opportunities to be part of the change; encouraging safe and purposeful media reporting; and improving safety and reducing access to means of suicide