

Empowering and enabling people with lived experience to use their voice

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Self Care

Self-care is initiated and maintained by us as individuals, it requires our active engagement.

It can be challenging to “sit” in the topic of suicide and so you must be aware of your emotional and mental wellbeing.

Take a break whenever you need to – give us “thumbs up” if you’re okay. Otherwise someone will check in on you.

Talking about suicide

Stigmatising Language	Appropriate Language
Committed Suicide	Died by suicide
Successful suicide	Suicided
Completed suicide	Ended his/her life. Took his/her life.
Failed attempt at suicide	Non-fatal attempt at suicide
Unsuccessful suicide	Attempt to end his/her life

Table taken from *Suicide and language: Why we shouldn't use the 'C' word*, by Susan Beaton, Dr Peter Forster and Dr Myf Maple. Published in *InPsych*, February 2013, and available online at <http://www.psychology.org.au/Content.aspx?ID=5048>.

For a more in-depth guide to discussing suicide visit ***Conversations Matter***, a practical online resource to support and effective community discussions about suicide at www.conversationsmatter.com.au.



Finding our voice – why is it so important?

...our childhoods (lives) leave in us stories - stories we never found a way to voice, because no one helped us to find the words. When we cannot find a way of telling our story, our story tells us - we dream these stories, we develop symptoms, or we find ourselves acting in ways we don't understand."

Stephen Grosz *The Examined Life* (Great Britain: Vintage Books, 2014).



Group discussions – 5 mins each

- Topic 1 -
What does empowerment look like?
Who do you wish to empower?
- Topic 2 -
What role can Lived Experience play in your community?
Your region? Your country?
- Topic 3 -
What frameworks are required when engaging people
with lived experience of suicide?



“Whether we have lost someone to suicide or are someone who struggles between thoughts of suicide and connection to life, or someone who supports and loves someone in that dark place –

We have a lived experience and insight gained at an enormous price. It means something and is priceless. We never asked for it and would give it up in a heartbeat to make the world as it was before the pain.”

David Kelly

Roses in the Ocean Lived Experience Advisory Committee

Manager Crises Support - Lifeline WA

