

Suicide Prevention Workshops

for the community and people with lived experience who live, work or study in the City of Whittlesea

Workshop 1: Community

Workshop 2: Lived Experience

Eastern Melbourne PHN (EMPHN) invites you to attend the first in a series of workshops that aim to gather together people in the community who can contribute to the conversation and solutions. We want your help to develop a regional approach to suicide prevention in the City of Whittlesea. The outcomes of these events will inform a Suicide Prevention Action Plan.

The **Community workshop** is for people from community groups, associations, sporting clubs, business, health, education, consumers and carers, and people with lived experience.

The **Lived Experience** workshop is specifically for people who have "experienced suicidal thoughts, survived a suicide attempt, cared for someone who has been suicidal, or been bereaved by suicide" (rosesintheocean.com.au). We want to hear about the type of support received, what worked well and what could have been done differently. This will also be an opportunity to get involved in an ongoing way in the Action Plan.

Workshop 1: Community	
Date:	Wednesday 22 November 2017
Venue:	Plenty Ranges Arts & Convention Centre, 35 Ferres Blvd, South Morang
Time:	6.00pm-8.30pm
Parking:	Free parking available on-site
Register:	http://bit.ly/2yqYb7X or phone 9046 0300
RSVP:	14 November 2017

Workshop 2: Lived Experience*	
Date:	Tuesday 28 November 2017
Venue:	Plenty Ranges Arts & Convention Centre, 35 Ferres Blvd, South Morang
Time:	6.00pm-8.30pm
Parking:	Free parking available on-site
Register:	http://bit.ly/2ifPeJ or phone 9046 0300
RSVP:	21 November 2017

Workshops are free. Light supper will be provided. For enquiries or to be added to our mailing list email: events@emphn.org.au. We appreciate your support in assisting us with implementing a community-wide approach to suicide prevention. Please forward this invitation to others who may be interested in attending.

*When registering for the Lived Experience workshop please be aware that someone from Roses in the Ocean will contact you to have a short conversation about the purpose of the event and your participation. Roses in the Ocean specialises in building a safe, trained and supported Lived Experience Workforce with the expertise and skills needed to bring the lived experience as a voice of change in all aspects of suicide prevention. rosesintheocean.com.au

In recognition of the sensitive nature of this important topic there will be counsellors at the events, however it is not intended for this to be in place of ongoing therapeutic support for those affected by suicide.



For anyone who may be impacted by this information we encourage you to seek support.

Lifeline: 13 11 14
Suicide Call Back Service: 1300 659 467
SuicideLine (Victoria): 1300 651 251

phn
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