## Lived experience.

The information on this page is general in nature and may not reflect all experience. Please carefully consider your needs when exploring information about lived experience. If you need assistance, please contact a [crisis service](https://www.lifeinmindaustralia.com.au/communities/in-a-crisis) or consider the information on [self-care](https://www.lifeinmindaustralia.com.au/for-the-sector/self-care).

People with lived experience can provide valuable insights into suicide prevention initiatives. The personal experience and understanding of their journey can guide prevention planning, treatment, and education, as well as contribute to improved care and enhanced safety to reduce suicide attempts and deaths.

People with lived experience can provide hope and resilience to those at risk of suicide.

Appropriately-trained lived experience speakers can enhance community understanding of suicide and its impacts. They are strong advocates to include in suicide prevention planning and can assist to reduce stigma and improve knowledge within the Australian public.  
  
To ensure that the delivery of information is safe and appropriate, *Life in Mind*encourages lived experience speakers to be accessed through agencies and programs that have clear structures around training and supporting those who have lived experience.  
  
It is also important that lived experience representatives are included in the development of policy, programs and other strategies to ensure their knowledge is shared and included in the early stages of development.

It is, however, vital that people with lived experience can share their knowledge and experience safely. Including [self-care](https://www.lifeinmindaustralia.com.au/for-the-sector/self-care)care practices can help to minimise harm when conducting workshops, consultations and training programs where those with lived experience are present.

Additional lived experience information, resources and training information can be found at:

1. [Lived Experience Network (part of Suicide Prevention Australia)](https://www.suicidepreventionaust.org/projects/learning-lived-experience/ways-get-involved)

Suicide Prevention Australia provides national leadership for the suicide prevention sector in Australia. SPA works collaboratively to develop a community that knows how to ask for help and how to give help.

1. [Roses in the Ocean](https://www.lifeinmindaustralia.com.au/organisations/roses-in-the-ocean)

Roses in the Ocean trainers and facilitators have the expertise to deliver a range of training programs and workshops that are informed and enhanced by their personal story of suicide.

1. [SANE Speakers](https://www.sane.org/support-us/80-sane-speakers)

SANE Speakers program helps to educate people, break down misunderstanding about mental illness, and provide hope. Speakers contribute to advocacy and research, as well as provide feedback on the development of new resources.

1. [blueVoices](https://www.beyondblue.org.au/get-involved/bluevoices)

blueVoices is beyondblue’s reference group for people who have personal experience of anxiety, depression or suicide.