

**KEEP
LEARNING**

**TAKE
NOTICE**

**HAVE
PURPOSE**

**BE
ACTIVE**

GIVE

CONNECT

**HOW ARE YOU
DOING?**

Looking after your wellbeing

CONNECT

Connect with people.

- Meaningful connections with family, friends, colleagues and your community is critical to your wellbeing.
- Supportive and lasting relationships are core foundations that support and enrich you every day.

HOW ARE YOU DOING?

Have you caught up with friends, relatives or colleagues in the last week?

Do you sometimes find it's difficult to make and sustain friendships?



Things you can do to better connect

- ✓ Call someone today and catch up.
- ✓ Tell someone if you're not feeling great.
- ✓ Set a goal to connect with someone in your life every week.
- ✓ Seek help if you find it hard to connect with others. Psychologists and counsellors are excellent sources for working on building healthy attachments.
- ✓ Get involved with your community and get out and about.



BE ACTIVE

Move!

- Being active and doing something you enjoy makes you feel good!
- Walk, swim, dance, garden, play a game, spend time exploring the outdoors.
- Exercise lifts your mood, and counters depression and anxiety.



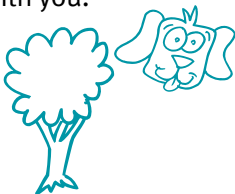
HOW ARE YOU DOING?

Are you leading an active life and doing some form of movement or exercise every day?



Things you can do to be more active

- ✓ Find an exercise you love to do, and start today!
- ✓ Go for a walk or take the stairs.
- ✓ Ask a friend to be active with you.
- ✓ Play with the dog outside.
- ✓ Make time to have fun!



GIVE



Contribute.

- When we participate and contribute we feel included and valued.
- Our brains are wired to experience pleasure when we help others.
- Do something nice for a friend or a complete stranger.
- Smile. Be kind. Say thank you.
- Volunteer your time or skills.
- Be grateful.



HOW ARE YOU DOING?

Do you regularly add meaning and value to someone else's life?

Things you can do to contribute

- ✓ Teach a friend something they've never done before.
- ✓ Help out a neighbour.
- ✓ Extend a gesture of kindness to someone each day.
- ✓ Get involved in your local community, charity or volunteer organisations.

Support



KEEP LEARNING

Exercise your mind!

- Learn a new skill – play an instrument or cook pavlova!
- Expand your horizons.
- Set yourself a challenge.
- It's fun and adds to the colourful fabric that is you!



HOW ARE YOU DOING?

Do you look for chances to learn new things?



Things you can do to keep learning

- ✓ Take up a new hobby.
- ✓ Ask for new challenges at work.
- ✓ Learn a skill you've always wished you had.
- ✓ Take on a new responsibility.
- ✓ Read a good book.



HAVE PURPOSE

Identify and live your values.

- Play to your strengths.
- Do something that adds meaning and direction to your life.
- Be passionate.
- Get inspired and inspire others.



HOW ARE YOU DOING?

Do you feel a sense of accomplishment most days?

Do you feel what you're doing in life is valuable and worthwhile?



Things you can do to live with purpose

- ✓ Set life goals linked to family, friends and things that matter to you.
- ✓ Make something better than it was.
- ✓ Do something that energises your mind and heart.
- ✓ Talk to someone you trust to offer guidance and feedback on your strengths.
- ✓ Be the best you can be.



YOU
ARE
AWESOME

TAKE NOTICE

Stop, look up and admire the beauty.

- Notice changes and differences in the world around you.
- Explore. Enquire. Enjoy. Appreciate.
- Learn about yourself by tuning into your emotions.



HOW ARE YOU DOING?

Do you take time to experience and reflect on what is happening around you each day?



Things you can do to be in the moment

- ✓ Appreciate the simple things in life.
- ✓ Change things that make you unhappy.
- ✓ Practice mindfulness.
- ✓ Meditate or do yoga.



EVERYONE NEEDS HELP SOMETIMES.

When you do – here's where
you might find it...

National 24/7 Crisis Services

Lifeline 13 11 14 or
www.lifeline.org.au

Suicide Call Back Service
1300 659 467 or
www.suicidecallbackservice.org.au

beyondblue
1300 22 4636 or
www.beyondblue.org.au

For men of all ages nationally

MensLine Australia
1300 78 99 78 or
www.mensline.org.au

Youth Support Services

Kids Helpline
1800 55 1800 (24/7 crisis support) or
www.kidshelp.com.au

headspace
1800 650 890 or
www.headspace.org.au
(direct clinical services)

Other services and information

SANE Australia Helpline
1800 18 SANE (7263) or
www.sane.org

Standby Response Service
[www.unitedsynergies.com.au/program/
standby-response-service/](http://www.unitedsynergies.com.au/program/standby-response-service/)

EVERYONE NEEDS HELP SOMETIMES.

When you do – here's where
you might find it...

For Aboriginal and Torres Strait Islander People

Social and Emotional Wellbeing and
Mental Health Services
www.sewbmh.org.au

For people from a culturally and linguistically diverse background

Mental Health in Multicultural Australia
www.mhima.org.au

For LGBTI, other sexuality, sex and gender diverse people

MindOUT!
www.lgbtihealth.org.au/mindout

QLife line 1800 184 527 or
[www.qlife.org.au](http://www qlife.org.au)

For veterans and their families

Veterans and Veterans Families
Counselling Service
1800 011 046 or
www.vvcs.gov.au

SOME GREAT RESOURCES

Smiling Mind
www.smilingmind.com.au

Wheel of Wellbeing
www.wheelofwellbeing.org

Volunteering Australia
www.volunteeringaustralia.org



Roses in the Ocean

stemming the tide of suicide

We exist to change the way suicide is spoken about, understood and prevented.

Through the stories and wisdom of those with a lived experience of suicide, our primary objectives are to:

- Engage and empower communities to take an active role in suicide prevention
- Educate Australians about early warning signs of suicide and where to find help
- Encourage help-seeking behaviours from those at risk of suicide, their family & friends.

Community Events and World Suicide Prevention Day

Roses in the Ocean collaborates with service providers from the suicide prevention, mental health and other social services sectors and hosts public events to raise awareness of suicide and suicide prevention. We bring the information to the public, and utilise the voices of lived experience to connect to communities.

Suicide Prevention Lived Experience Speakers Bureau

The **Suicide Prevention Lived Experience Speakers Bureau** (Speakers Bureau) is a program developed and delivered as a collaborative effort of Roses in the Ocean (RITO) and Suicide Prevention Australia (SPA).

The Speakers Bureau delivers professional speakers training to volunteers with a lived experience of suicide who speak at workplaces, community groups and organisations.

Our speakers, through their stories and experience, provide valuable insights into suicide and suicide prevention, and provide practical, useful information to their audiences on how they can play a role in protecting those around them.



**Australian Institute for
Suicide Research and Prevention**



Located at Griffith University's Mt Gravatt campus, the **Australian Institute for Suicide Research and Prevention (AISRAP)** is at the forefront of national and international suicide research.

Recognised for its scientific standing, the Institute under the leadership of Professor Diego De Leo became a World Health Organization Collaborating Centre for Research and Training in Suicide Prevention in July 2005.

The Institute conducts research in all aspects of suicide prevention and manages the Queensland Suicide Register.

Apart from research activities, AISRAP provides education and training for health and allied professionals. Offering postgraduate programs in suicidology in 2001 was a world first. In addition, the Institute holds Suicide Prevention Skills Training workshops for professionals and consumers.

Workshops are tailored to specific organisational needs of workers, and are delivered within an adult learning framework.

In 2004, the Institute opened the Life Promotion Clinic at Griffith University. This was the first outpatient facility in Australia focused on providing specialised treatment to people with a history of suicidal behaviour.

In 2008, AISRAP was established as the National Centre of Excellence in Suicide Prevention, funded by the Commonwealth Government's Department of Health.



Roses in the Ocean

stemming the tide of suicide

PO Box 84 Wilston QLD 4051

Phone: **1300 411 461**

www.rosesintheocean.com.au

Supported by



**Australian Institute for
Suicide Research and Prevention**

Phone: **07 3735 3382**

Email: **aisrap@griffith.edu.au**

**[www.griffith.edu.au/health/
australian-institute-suicide-research-prevention](http://www.griffith.edu.au/health/australian-institute-suicide-research-prevention)**



PO Box 13027, George Street QLD 4003

Phone: **1300 855 945**

Email: **info@qmhc.qld.gov.au**

www.qmhc.qld.gov.au