



Tandem Participation Register – Call out for Expressions of Interest (EOI)

Co-Design Workshops for Victoria’s New Suicide Prevention and Response Strategy – February to April 2023

*Lived and living experience engagement opportunity facilitated by Nous Group on behalf of the
Suicide Prevention and Response Office, Mental Health and Wellbeing Division, Victorian
Government Department of Health*

Content warning for this document

The flyer contains content that some readers may find distressing. You might wish to consider how and when you read this document.

This document includes references to lived experience of caring for someone who is suicidal and bereavement by suicide.

If you are distressed by any content in this document or if you or a loved one need support, the following services can be contacted:

- If you are in a situation that is harmful or life-threatening, contact emergency services immediately on Triple Zero (000)
- If you are not in immediate danger but you need help, call NURSE-ON-CALL on 1300 60 60 24 (24/7 days a week)
- For crisis support, call Lifeline on 13 11 14 or visit the Lifeline website www.lifeline.org.au (24/7)
- For support to address distress or thoughts of suicide, call SuicideLine on 1300 651 251 or visit the SuicideLine website www.suicideline.org.au (24/7)
- For support, call Beyond Blue on 1300 224 636 or visit the Beyond Blue website www.beyondblue.org.au (24/7)
- For Aboriginal and Torres Strait Islander people who need support, call Yarning Safe N Strong on 1800 959 563 or visit the Victorian Aboriginal Health Service website www.vahs.org.au/yarning-safenstrong (24/7)
- For children and young people who need support, call Kids Helpline on 1800 551 800 or visit the Kids Helpline website www.kidshelpline.com.au (24/7), or call headspace on 1800 650 890 or visit the headspace website www.headspace.org.au/our-services/ehespace
- For LGBTIQ+ people who need support, call Rainbow Door on 1800 729 367, text 0480 017 246 or email the Rainbow Door support@rainbowdoor.org.au, or visit the Rainbow Door website www.switchboard.org.au/rainbow-door
- If you are looking for a mental health service, visit the Better Health Channel website www.betterhealth.vic.gov.au or contact your local GP to find out about your options
- For carer lived experience support, please contact the [1800 Tandem Support and Referral Line](tel:1800314325) - 1800 314 325 Monday to Friday, 9am and 5pm – see last page of this document for more detail



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Overview

These lived and living experience (LLE) Co-Design Workshops are an important part of the development of the new Victorian Suicide Prevention and Response Strategy (The Strategy).

The Strategy will seek to take a systems-based, whole-of-government and community-wide approach and be supported by lived experience partnerships across all levels of development, implementation and evaluation.

The goal of the engagement is to produce a draft version of the Suicide Prevention and Response Strategy, which will form the basis of Victoria’s approach to suicide prevention for the next 10 years.

Where do these workshops sit within the wider reform agenda? Who else is contributing to the discussion?

Tandem Register members contributed to a previous related lived and living experience engagement opportunity (roundtable discussion) in April 2022.

The recent/current project activity, timelines and milestones are outlined below:

- Interdepartmental Advisory Committee: 6-weekly meetings from February 2022
- Public submission process (via Engage Vic): July – September 2022
- Expert Advisory Committee (consisting of sector and LLE representatives): 6-weekly meetings from December 2022
- Targeted sector roundtables (x14): February – March 2023
- Lived and Living Experience Co-Design Workshops: February – April 2023 (this engagement opportunity).

The Department is hoping to publish the Suicide Prevention and Response Strategy in September 2023. Please note, publication date of The Strategy is dependent on internal Governmental approval.

Further lived and living (LLE) engagement may be sought during the evaluation stage of the strategy implementation, though the Department's approach will be determined by the current stage of engagement.

Engagement format

This lived and living experience (LLE) engagement opportunity engagement opportunity will be held over three months: February, March and April 2023.

All workshops/sessions will be held online via Zoom.

It will involve three (3) facilitated codesign workshop streams:

- Stream 1: People with lived and living experience of suicidality (VMIAC Consumer Register)
- Stream 2: People with Lived and living experience of caring for someone who is suicidal (Tandem Participation Register)
- Stream 3: People with Lived and living experience of bereavement by suicide (Tandem Participation Register)

Each workshop stream will include a series of three (3) x facilitated Co-Design Workshops (8 hours total per stream).

In addition, there will be two combined sessions with participants from all three workshop streams (2 hours total) including:

- Pre-briefing session (1 hr)
- Play-back session (1 hr)

About the participants in each workshop/stream

- Each workshop will comprise a total of 5-7 participants
- The Suicide Prevention and Response Office (SPARO) team is working with SHARC, VMIAC, Tandem, Switchboard, Roses in the Ocean and VACCHO to gather insight from people with diversity of lived and living experience.



Lived and living experience recruitment needs

The department is seeking diversity of lived and living experience including:

- Stream 2: Families and carers of people living with suicidal thoughts and/or behaviours
- Stream 3: Lived experience of bereavement by suicide
- Carers/family and the people you support who identify as/with:
 - Male
 - Rural/Regional lived/living experience
 - Culturally diverse backgrounds

Note: Participants for Stream 1 will be sought from the VMIAC Consumer Registers and other organisations

Engagement schedule and time commitment

The total time commitment is 10 hours across three months

There are two combined sessions which all participants across the three streams will attend together

- Joint briefing session: Wednesday 22 February 2023, 11am - 12pm (1hr)
- Joint playback session: Thursday 27 April 2023, 11am - 12pm (1 hr)

Stream 2: Families and carers of people living with suicidal thoughts and/or behaviours

[2 to 3 people from the Tandem Participation Register]

- Session 1: Monday 6 March 2023, 1:30pm - 3:30pm (2 hrs)
- Session 2: Monday 20 March 2023, 1pm - 4pm (3hrs)
- Session 3: Monday 3 April 2023, 1pm - 4pm (3hrs)

Stream 3: Lived experience of bereavement by suicide

[1 to 2 people from the Tandem Participation Register]

- Session 1: Wednesday 8 March 2023, 10:30am - 12:30pm (2 hrs)
- Session 2: Wednesday 22 March 2023, 9:30am - 12:30pm (3 hrs)
- Session 3: Tuesday 4 April 2023, 9:30am - 12:30pm (3 hrs)

Participant safety and support

The Suicide Prevention and Response Office (SPARO) have engaged [Nous Group](#) to run the co-design workshops, who have experience and training in trauma-informed principles of facilitation.

A Lived Experience Adviser and an independent counsellor will also be available during and after each workshop.

During the combined pre-briefing session, representatives from the Department will be available for consultation should further information be required. A member of the Tandem Participation Register Team will be present at the combined pre-briefing and feedback sessions.

Both Nous Group and the Department are committed to ensure the safety of all participants during the workshops and will welcome any additional feedback or suggestions throughout the engagement.

Additional, individual pre-briefing can be provided by the Tandem Participation Register Team – we're happy to answer your queries or follow-up with Nous Group and the Department on your behalf.

A Tandem Register group debriefing session will be held over zoom by the Tandem Register Team. Additional, individual debriefing can be provided by Tandem Register Team if needed. Please do not hesitate to reach out – call (03) 8803 5555 Monday to Friday, between 9am and 5pm, or email mhcregister@tandemcarers.org.au

Tandem members are encouraged to contact the [1800 Tandem Support and Referral Line](#) anytime between 9am and 5pm, Monday to Friday – please visit our website or refer the last page of this document for more detail.

Accessibility

- These Co-Design Workshops will be held online to enable greater participation for Register participants in regional Victoria, and those that cannot travel due to illness, injury, disability, and caring responsibilities
- You will need a computer/tablet/mobile phone and a stable internet connection to join
- Tandem may be able to assist in providing internet access at the Tandem Office in Abbotsford and/or searching for IT support services available at your local library
- Please include any access needs in your EOI or feel free to contact the Tandem Participation Register Coordinator to discuss – phone 03 8803 5555 or email mhcregister@tandemcarers.org.au

Remuneration

Participants will be remunerated at the 'Involve' rate:

- \$175.00 - Half day rate (up to 4 hours) per workshop/session
- Payment in 4-hour blocks includes the scheduled co-design workshop/session, as well as any pre-session preparation and post-workshop contribution, review, and feedback
- Participants will receive 5 x individual payments within 14 business days of each scheduled co-design workshop (x3) and combined sessions (x2)



Next steps – How to Express your Interest as a Tandem Participation

Register member:

Step 1

- If you're not already a Tandem Participation Register member, please find out more about eligibility and how to join on our website here: tandemcarers.org.au/register
- We encourage you complete the Online Application Form tandemcarers.org.au/register however you're welcome to submit an **Expression of Interest (EOI)** to participate in your first engagement opportunity without completing the Online Application Form
- If you're selected to participate in this engagement, we'll contact you to capture your payment details, give you an overview on the how the Register works, and discuss the option to join the Tandem Participation Register for future engagement opportunities

Step 2

Please send your brief Expression of Interest (EOI) with subject line **Co-Design Workshops for Victoria's New Suicide Prevention and Response Strategy** in a reply email to mhcregister@tandemcarers.org.au by **10am, Friday 10 February 2023** including:

1. Your full name*
2. Preferred pronouns (he/him - she/her - they/them)*
3. Age*
4. Email address*
5. Phone number*
6. A few words (up to 250 words) about why you would like to contribute this area of [mental health and wellbeing reform](#)
 - Please refer to the 'Lived and living experience recruitment needs' on page 4
 - Something brief/bullet points are fine – we just need to know your lived experience is relevant to this engagement opportunity
7. Your current availability to commit to the engagement schedule:

Joint briefing session: Wednesday 22 February 2023, 11am - 12pm (1hr)

AND

Stream 2: Families and carers of people living with suicidal thoughts and/or behaviours

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AND

Joint playback session: Thursday 27 April 2023, 11am - 12pm (1 hr)

8. Intersectional identity/diverse communities – optional inclusion*
- If you're happy to share, please let us know if you or the person you care for identify with any intersectional communities/identities including: First Nations peoples, culturally and linguistically diverse (CALD) communities, LGBTQIA+, non-binary, and gender diverse communities, Disability/All Abilities communities, Neurodiverse communities, and any other community group not listed here.

**Note: Your full name, email address, phone number, basic demographic data and intersectional identity information will be provided to Nous Group and the Department of Health. Nous Group and the Department of Health will use your contact information for all engagement communication such as official invitations, online meeting links, engagement updates, pre-reading (if applicable), evaluation and feedback*

Contact

If you have any questions about this Register lived and living experience engagement opportunity, please contact the Tandem Participation Register Coordinator:

Phone (03) 8803 5555 | Email mhcregister@tandemcarers.org.au

Free Tandem Support and Referral Line - 1800 314 325

The Tandem Support and Referral Line provides support, information and referral to the family members, friends and carers of people living with mental health challenges.

Tandem encourages all Register members to use this service.

You can call us for free between 9am-5pm, Monday to Friday, to:

- **Speak with someone who understands your situation**
- **Seek general advice, advocacy and information on services to meet your needs**
- **Seek support with NDIS access and plan issues**

Please note that we are not a crisis service. If you or someone else may be at risk of suicide please contact: Lifeline [13 11 14](tel:131114) - Suicide Helpline [1300 651 251](tel:1300651251) - Kid's Help Line [1800 55 1800](tel:1800551800)

Who can call the Tandem Support and Referral Line?

Family members or friends who are supporting a person with mental health issues are eligible to use Tandem's Support and Referral Service.

If you are a [Tandem member](#) (in addition to Tandem Participation Register membership), you also have access to individual advocacy, support and referral through an Advocate.

This may include:

- Assisting family and friends to understand their rights and responsibilities under relevant legislation and service policies and procedures
- Empowering members to advocate effectively on their own behalf; and
- Providing family and friends with appropriate referrals.

Family, friends, and carers can access the Advocate Service by becoming a [member](#) of Tandem

For more information please call [1800 314 325](tel:1800314325) or email info@tandemcarers.org.au

The Advocate can advise on the use of the [Nominated Persons and Advance Statement](#) components of the Mental Health Act