



THE YOUNG & THE RESTLESS

6PM ON THE 29.07.20 // [BIT.LY/3GZOTKR](https://bit.ly/3GZOTKR)
SAMUEL // TAYLOR // ALEX // ZOE // JO
// ANNIE // IAN // FINN

YOUTH



RESEARCH IN MIND *ory gen*

NHMRC

JOIN THE DISCUSSION

When: Wednesday 29th July at 6pm

Where: Online (webinar)

Register: [Click here](#)

This webinar forms part of the 'Flatten the Mental Health Curve' series and will focus on suicide prevention from the perspective of young people.

Hosted by two young people, Samuel and Zoe, the webinar will take the form of a panel discussion with 5 other young people each with their own lived experience of suicide.

'Lived experience' in suicide takes many forms, for example it may mean that someone has experienced a suicidal crisis or attempt of their own; it may mean they have lost someone to suicide; or it may mean that they have supported a friend or family member who has been suicidal. Whatever that experience is it plays a critical role in shaping suicide prevention now and into the future.

However, whilst the suicide prevention sector has embraced the need for people with lived experience to help shape suicide prevention, there is currently an absence of young voices, and we know that young people's experiences and needs can be very different from those of older people.

Given that suicide rates are rising among young Australians there is an urgent need to do things differently and if we are to do this successfully we need to listen to the wants and needs of young people.

In this webinar we will explore the following questions:

- What does lived experience look and feel like for young people?
- What are young people's experiences of seeking help for suicidal thoughts and behaviours; what worked well and what didn't?
- What is safe communication and advocacy in suicide prevention from the perspective of young people?
- What is the role of stigma/discrimination and how might we address this?
- what would young people like to see suicide prevention look like now and into the future?

We hope that the webinar will help amplify the voices of young people in suicide prevention and raise some questions about how we currently do things and how we might do them differently in the future.

SAMUEL HOCKEY

Samuel is a former National Mental Health Commissioner and a National Youth Mental Health Ambassador with a history in design. He currently works with the Brain & Mind Centre as a researcher in youth lived experience and suicide prevention.

TAYLOR JOHNSTONE

Taylor is a 22 year old Osteopathy Student who is trying to use his experience of suicidality and mental ill health to improve the health outcomes for young people. He loves getting active outside and is a board member at Live 4 Life - a regional mental health education organisation.

ALEXANDER DALTON

Alex is a 17 year old and the youngest panelist. He is part of the Youth Advocacy Group at headspace Werribee and has lived experience with suicidality, mental ill-health, and being tossed around the system.

ZOE TEH

Zoe is a research assistant and was previously a youth advisor on the #chatsafe project Orygen. When not working, she is completing her Masters of Organisational Psychology at Deakin, learning how to paint, and sings with Melbourne Indie Voices (currently a digital choir).

ANNABEL RAMSAY

Annabel is a 23 year old law and communications student majoring in policy at UTS. Passionate about self-advocacy and constructive peer-to-peer dialogue, she seeks to shatter the stigma through imparting her lived experience as a speaker for batyr.

FINNIAN GREGOR

Finnian is a 19 year old Communications student of RMIT. As a wacky but sensitive kid from the Melbourne suburbs, He's always been passionate about tearing down mental health stigmas through the never-ending pursuit for truth and peace.