

CENTRE FOR MENTAL HEALTH

Seminar Series

The University of Melbourne



MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**



Karolina is a Senior Research Fellow, in the Centre for Mental Health, School of Population and Global Health, The University of Melbourne.

Karolina's main research interest over the last 25 years has been suicide research, suicide prevention, postvention, and she has published and presented widely on these topics.

Karolina has contributed to the work of Suicide Prevention Australia and is a Co-Chair of the Lived Experience Special Interest Group of the International Association for Suicide Prevention.

The voices of people with lived experience of suicide and suicide researchers in Australia on co-production in research

**Presenters: Dr Karolina Kryszynska PhD
and
Ingrid Ozols AM**

Thursday 30 June 12.00noon-1.00pm

Via Zoom

**[https://unimelb.zoom.us/j/85470118893?](https://unimelb.zoom.us/j/85470118893?pwd=ZDloeGN2TRRtWG84SIFkWUxhZk41dz09)
[pwd=ZDloeGN2TRRtWG84SIFkWUxhZk41dz09](https://unimelb.zoom.us/j/85470118893?pwd=ZDloeGN2TRRtWG84SIFkWUxhZk41dz09)
Password 141272**

The significance of inclusion of perspectives and insights of people with lived experience of suicide has been acknowledged in the suicide prevention sector. At the same time, it is not clear how people with lived experience can be effectively engaged in suicide prevention research using co-production, i.e., a dynamic collaboration working with lived and living experience.

The Voice of people with Lived Experience of suicide (VocLE) Study funded by Suicide Prevention Australia addresses this gap by developing guidelines on how people with lived experience and researchers can work collaboratively in a co-production philosophy.

This presentation will consider the philosophy and methodology of co-production, what it means, looks like, what it is and is not in practical terms within a suicide prevention research context. It will report on results of qualitative interviews with people with lived experience of suicide (N=19) and suicide researchers (N=17), which were analysed using Thematic Analysis. The interviews' themes covered by the presentation include the "why" and the "how" of co-production in suicide research, the diversity of lived experience, and the significance of dialogue and safety.



Ingrid is a mental health and suicide prevention Living Experience consultant. She has B.Sc, GradDipBusMgt, GraDDipCommMH, MMHSc, M.Suicidology (Griff Uni), Postgrd MH Recovery & Social Inclusion (UK).

Ingrid has worked for over 20 years in mental health and the suicide prevention sector, bringing an array of experience from the lens of the lived and living experience as a consumer and carer.

Ingrid's experience and work focus on co-production philosophy in advocacy, policy reform, academia, undergraduate and postgraduate education and training across non-clinical and clinical sectors.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908