

How to call Peer CARE Companion Warmline

- 1 Call **1800 77 PEER** (1800 77 7337)*
- 2 Leave a message, so we can call you back.
- 3 A Peer CARE Companion will connect with you within 48 hrs.

Peer CARE Companion Warmline is not a crisis line. If you or someone you know is at risk, call **000** for emergency help or contact Lifeline on **13 11 14**.

*1800 number costs may apply.

Peer
CARE
companion
warmline

1800 77 PEER
1800 77 7337

Developed and operated by:


Roses in the Ocean
stemming the tide of suicide

✉ enquiries@rosesintheocean.com.au
🌐 www.rosesintheocean.com.au



We're
connected,
even before
we connect.

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1800 77 7337

There is
someone who
understands...

I'm caring
for my teenager
24/7 and just need
to speak with another
parent who has been
through this.

It's the 4th
anniversary of my
partner's suicide &
everyone else has 'moved
on'... I need to connect
with someone who
understands my
grief.

My thoughts
of suicide come
and go... I'd like to
speak with someone
who can share how
they manage
theirs.

...someone who
gets you.

CARE is not just a word, it's how we connect.



Compassion

What is Peer CARE Companion Warmline?

Peer CARE Companion Warmline is a suicide prevention 'warmline' call-back service.

Whether you have lost someone to suicide, are caring for someone, or have been living with your own suicidal thoughts, we will connect you with a Peer CARE Companion who has a similar lived experience of suicide.



Acceptance

What is a 'warmline'?

A warmline is a number you can call when you need to speak with someone who will listen without judgment or criticism, someone with a shared understanding. Our warmline is a peer-to-peer service that is staffed by Peer CARE Companions who also have a lived experience of suicide. A warmline can also provide information and contacts for a variety of other suicide prevention services.



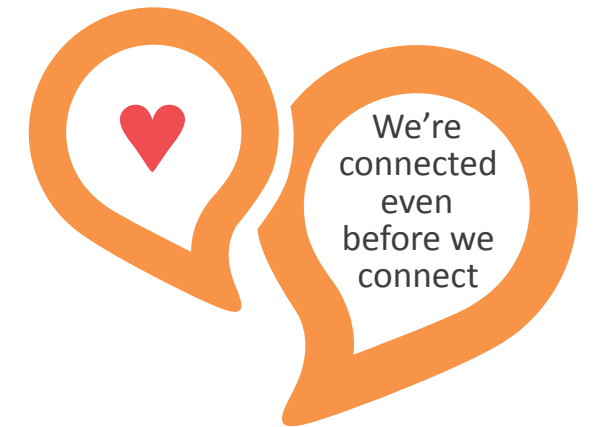
Respect

Who are Peer CARE Companions?

Our Peer CARE Companions are trained as suicide prevention peer workers. They also have their own personal lived experience of suicide.

When can I call Peer CARE Companion Warmline?

You can call whenever you want and as often as you need. We're here to listen with CARE.



Empathy

Who are Roses in the Ocean?

Peer CARE Companion Warmline has been developed by Roses in the Ocean. We are an organisation focused on building a safe, trained and supported Lived Experience 'Workforce' with the expertise and skills needed to bring lived experience as a voice of change in all aspects of suicide prevention.

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