

**Ursula's bio**

Ursula Wharton is a Murwillumbah mother (formerly of the Gold Coast) who lost her 17-year-old son, Josh to suicide in late 2017. Since that time, Ursula has become an advocate, carer representative and lived experience consultant, working to improve suicide prevention and response in both the public health and community sectors. As a member of the Roses in the Ocean lived experience collective, Ursula has been involved in suicide-related health service co-design and lived experience consultation, including co-design for a new alternative safe space in Tweed for people feeling suicidal.

As a member of the public, she has gained local, national and international media attention for her video message to Australian Parliament about the youth suicide crisis. And she was successful in a Change.org petition calling for an inquest into her son's suicide.

**Journalism career**

From Jan 2002 - March 2016 Ursula was a broadcast journalist. Her key roles were producing and/or presenting news and current affairs programs for radio, and producing online feature stories. Her specialty was long-form interviews, necessitating the transferrable skills of excellent active listening, the exercise of non-judgement, and rapport building.

**Teaching career**

University - Ursula has been a university lecturer and tutor since 2014. She has also co-designed and re-designed university courses.

Community training - As the coordinator of a pilot project in citizen journalism at the State Library of Queensland, Ursula designed and facilitated multiple public workshops and mentored participants in storytelling. She designed and facilitates the Deep Listeners workshops in compassionate listening and is an accredited trainer in the world leading suicide intervention training, ASIST, as well as safeTALK.