



# A program for family, friends and carers



Supporting someone experiencing suicidal  
distress or following a suicide attempt in the ACT



**When you support someone experiencing suicidal distress or following a suicide attempt, your first concern is often for their wellbeing. However, taking care of your own mental health and wellbeing is equally important.**

### **What is *Minds Together*?**

*Minds Together* is a free program available both online and face-to-face. The program is designed to enhance your skills and knowledge to:

- Support someone experiencing suicidal distress – by understanding what suicidal distress is, the types of things to look out for, how to talk about suicide and ways to provide support
- Support someone following a suicide attempt – including understanding why someone might attempt suicide and the strong feelings that you might experience
- Look after yourself – by understanding your support role, how feelings may impact your own mental health and wellbeing, and ways to prioritise self-care.

You will also find:

- In-depth topics
- Videos of family, friends and carers sharing their experiences and tips
- Podcasts from experts
- Interactive and reflective activities
- Access to online social support.

**For more information, contact the team:**  
[mindstogether@health.nsw.gov.au](mailto:mindstogether@health.nsw.gov.au)



### ***Access Minds Together***

[mindstogether.org.au/  
supporting-someone-in-the-act](https://mindstogether.org.au/supporting-someone-in-the-act)