



Referring a program for family, friends and carers



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

The ACT Health Directorate has engaged Everymind to embed the *Minds Together* program in the ACT. This tailored, evidence-based program, available online or face-to-face, aims to enhance the mental health, wellbeing, and coping skills of family, friends and carers. To learn how to refer this program to family, friends and carers in your service, please see the information provided on the following page.

The importance of family, friends and carers

Family, friends and carers play a vital role in supporting individuals experiencing suicidal distress or following a suicide attempt. While this role can be rewarding, it can also be challenging, and carers may need support themselves.

Minds Together can help support family, friends and carers in your service.

What is *Minds Together*?

Minds Together is a free, evidence-based program designed to support the mental health and wellbeing of family, friends and carers. The program is available both online (self-paced) and face-to-face by trained facilitators. Carers with lived and living experience were consulted and have reviewed the content, which includes:

- Three main sections and three additional in-depth topics
- Videos of family, friends and carers sharing their experiences and tips
- Podcasts from experts
- Interactive and reflective activities
- Access to a moderated online social support forum.

The *Minds Together* program aims to increase the skills and knowledge of family, friends and carers 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 carers might experience
- Look after themselves – by understanding their support role, how feelings may impact their own mental health and wellbeing, and ways to prioritise self-care.

1 Referring family, friends and carers to the *Minds Together* online program

You can refer family, friends and carers to the *Minds Together* program by providing them with the flyer in your stakeholder pack. You can also share the flyer with your clients and encourage them to pass it on to their family, friends or carers.

2 Referring family, friends and carers to the *Minds Together* face-to-face program

You can also refer family, friends and carers to the face-to-face *Minds Together* program, facilitated by trained staff. For a list of services offering this program, please visit mindstogether.org.au/supporting-someone-in-the-act.

3 Train-the-trainer program for delivering *Minds Together*

If you or your team would like to learn how to deliver the *Minds Together* program face-to-face within your service, contact us at mindstogether@health.nsw.gov.au for more information on our free train-the-trainer program.

Carers from diverse population groups with lived and living experience were actively consulted, and their input has been integral to shaping the program's content.



Access *Minds Together*

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

