



A program for family, friends and carers in the ACT



Are you supporting someone experiencing suicidal distress or following a suicide attempt? If so, the *Minds Together* program can help.

Minds Together is a free program available both online and face-to-face. The program is designed to enhance the skills and knowledge of family, friends and carers in the ACT.

What you'll gain:

- Learn new strategies for supporting someone
- Look after your own mental health and wellbeing while caring for others
- Videos, expert podcasts and interactive activities
- Engage with others who provide support and care.



Access *Minds Together*

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



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An  **EVERYMIND** program