

A program for family, friends and carers in the ACT

Supporting someone experiencing suicidal distress or following a suicide attempt

The ACT Health Directorate has engaged Everymind to implement the *Minds Together* program for family, friends and carers supporting someone experiencing suicidal distress or following a suicide attempt by embedding the program in aftercare and other related services and initiatives.

What is *Minds Together*?

Minds Together is a free, evidence-based program for family, friends and carers, available online (self-paced) or face-to-face with trained facilitators. The program includes:

- Videos of other family, friends and carers with lived and living experience
- Podcasts from experts
- Interactive activities and reflections
- Access to a moderated online social support forum.

The *Minds Together* program aims to educate and build the skills and capability of family, friends and carers to support them in their caring role and improve their mental health, wellbeing and coping skills.

The program includes three core sections and three complementary in-depth topics focusing on the needs, experiences and challenges of providing support.

How can you promote the program?

Services will be provided with a digital implementation pack and printed materials to support the implementation and promotion of the program. These resources include:

- Information flyers for service providers
- Information flyers for family, friends and carers
- Promotional posters
- Implementation training video for service providers
- Social media promotional image tiles
- Program summary.

The ACT landing page and program can be accessed via www.mindstogether.org.au/supporting-someone-in-the-act

Key messages

Generic key messages

- Family, friends and carers play a crucial role in supporting individuals experiencing suicidal distress or following a suicide attempt. Their wellbeing is just as important, and they often need support, too.
- The *Minds Together* program is evidence-based and has been specifically designed to enhance the mental health and wellbeing of family, friends and carers who are supporting someone experiencing suicidal distress or following a suicide attempt.
- *Minds Together* offers practical ways to help family, friends and carers learn new strategies for providing support, strengthening coping skills, reducing stress, and connecting with others.
- *Minds Together* is for anyone in the ACT providing support and care to someone experiencing suicidal distress or following a suicide attempt, including partners, spouses, siblings, other family members, friends, colleagues and chosen family.
- By engaging with the *Minds Together* program, family, friends and carers can access practical tools and resources to reduce stress, build resilience, and enhance their ability to support those they care for.

Promotional messaging within your service

Alongside the support you provide to someone experiencing suicidal distress or following a suicide attempt, family, friends and carers can also play a critical role in providing support and fostering hope and recovery. While this can be a rewarding experience for carers, it can also be challenging, and they often also need support.

We are excited to implement the new *Minds Together* program to better assist family, friends and carers who engage with our service. This initiative, developed by Everymind and funded by the ACT Health Directorate, is designed for family, friends and carers who are supporting someone experiencing suicidal distress or following a suicide attempt.

An implementation pack, including promotional resources, has been provided and can be accessed via www.mindstogether.org.au/act-program-implementation-resources

You can refer family, friends and carers to the online (self-paced) program and current face-to-face sessions via www.mindstogether.org.au/supporting-someone-in-the-act

Promotional messaging outside your service (websites, social media, etc.)

Supporting someone experiencing suicidal distress or following a suicide attempt is incredibly important, and family, friends and carers play a crucial role in promoting hope and recovery. However, this role can also be challenging, and carers may also need support.

That's why we're excited to implement the *Minds Together* program in our service. Developed by Everymind and funded by the ACT Health Directorate, this new initiative is designed for family, friends and carers who are supporting someone experiencing suicidal distress or following a suicide attempt.

For more information about the initiative, visit www.mindstogether.org.au/supporting-someone-in-the-act

Messaging for family, friends and carers

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

The *Minds Together* program is here to help. Access tailored information, support and resources at www.mindstogether.org.au/supporting-someone-in-the-act