

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 ACT aftercare and other services and initiatives. The program will be delivered through a digital and face-to-face approach, using the key principles of collaboration, co-design and co-production.

Background

Previous suicide attempts are the most significant risk factor for future suicide deaths. Most of the emotional and practical support for those experiencing suicidal distress comes from their social support network of family, friends and carers. This support is vital in reducing suicidal distress and attempts and improving outcomes. While rewarding, this role can be challenging and may lead to family, friends and carers needing support for themselves. Effective aftercare and support systems are essential in addressing these complexities.

Implementation approach

STAGE 1: CONSULT
Aftercare and other services in the ACT during 2024

STAGE 2: EMBED
Aftercare and other services in the ACT during 2025-26

Project aims

- Provide family, friends and carers in the ACT with a self-directed, evidence-informed online program, practical information, resources and lived experience insights.
- Develop a face-to-face version of the *Minds Together* program and train facilitators to deliver in a small-group environment.
- Develop a toolkit for participants to facilitate peer-to-peer social support networks.
- Create a bespoke ACT landing page with information aligned to the Territory's suicide prevention strategies, aftercare and other funded support options.
- Connect the *Minds Together* program with the existing aftercare service sector and other mental health and suicide prevention services to increase the program's reach and impact.
- Evaluate the implementation activity using robust frameworks.
- Improve the mental health, wellbeing, and coping skills of family, friends and carers.

Project timeline

- **PROJECT ESTABLISHMENT (JUN - AUG 24)**
 - Project planning
 - Evaluation and consultation planning
- **PRE-IMPLEMENTATION (JUL 24 - MAR 25)**
 - ACT stakeholder engagement and consultation
 - Develop face-to-face training for ACT facilitators
- **IMPLEMENTATION (OCT 24 - JAN 26)**
 - Program, landing page and online forum available
 - Develop implementation resources
 - ACT implementation
 - Deliver *Minds Together* train-the-trainer sessions
- **EVALUATION AND REPORTING (DEC 24 - JUN 26)**
 - Data collection and evaluation
 - Reporting

Access the program

Access the *Minds Together* program by visiting our portal or scanning the QR code.

mindstogether.org.au/supporting-someone-in-the-act

