

A program for family, friends and carers in NSW

Supporting someone experiencing suicidal distress or following a suicide attempt

The NSW Ministry of Health 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 NSW aftercare services.

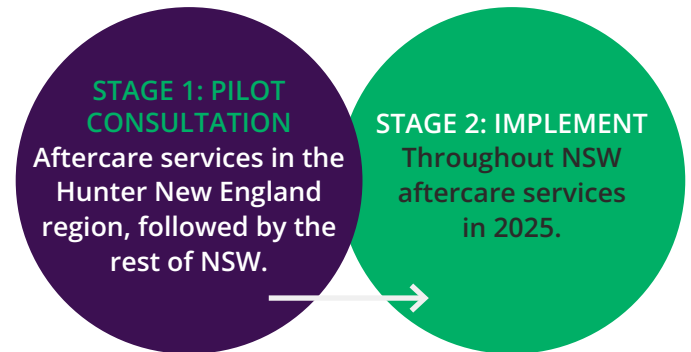
Background

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.

Project aims

- Provide family, friends and carers who engage with NSW aftercare services access to a universal platform offering a free, self-paced, evidence-informed online support program.
- Provide additional program resources to support priority populations (in consultation with key stakeholders).
- Create a bespoke NSW landing page with information aligned to the state's suicide prevention strategies, aftercare and other funded support options.
- Connect the *Minds Together* program with the existing aftercare service sector 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.

Implementation approach



Project timeline

- **PROJECT ESTABLISHMENT (JUN - AUG 24)**
 - Project planning
 - Evaluation and consultation planning
- **PRE-IMPLEMENTATION (JUL - DEC 24)**
 - Establish Family and Friends Reference Group
 - Hunter New England region pilot: Stakeholder engagement and consultation
 - NSW-wide stakeholder engagement and consultation
- **IMPLEMENTATION (DEC 24 - DEC 25)**
 - Program, landing page and online forum available
 - Develop implementation resources
 - NSW-wide implementation
- **EVALUATION (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-nsw](https://mindstogether.org.au/supporting-someone-in-nsw)

