

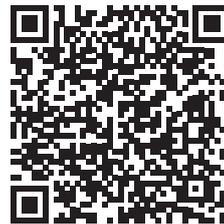
A program for family, friends and carers in the ACT



Supporting someone experiencing suicidal distress or following a suicide attempt.

Online

Access our free, self-paced program today:



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

Face-to-face

Join a small group of family, friends and carers who share similar experiences, run by local facilitators:

