

A program for family, friends and carers in NSW



**Supporting someone
experiencing suicidal
distress or following a
suicide attempt.**

Online

Access our free, self-paced program today:



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

Face-to-face

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

