

# A program for family, friends and carers in country SA

## Supporting someone experiencing suicidal distress or following a suicide attempt

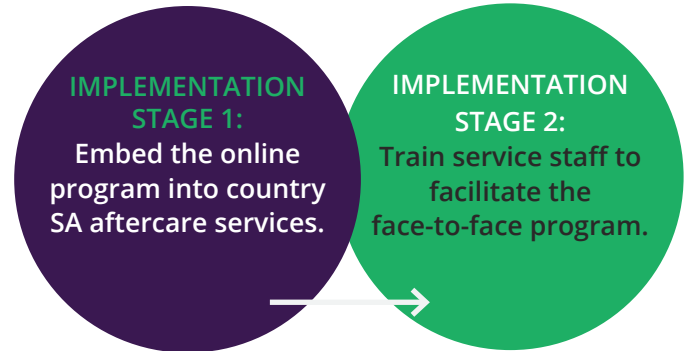
Country SA PHN has engaged Everymind to implement the *Minds Together* program for family, friends and carers supporting someone experiencing suicidal distress or following a suicide attempt by embedding the program in country SA aftercare services.

### 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 country SA aftercare services access to a universal platform offering a free, self-paced, evidence-based online support program.
- Create a bespoke country SA 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.



### Project timeline

- **PROJECT ESTABLISHMENT (DEC 25 - JAN 26)**
  - Draft project, service delivery and evaluation plans
  - Facilitate project initiation meetings with the funder
- **PRE-IMPLEMENTATION (FEB 26 - MAR 26)**
  - Identify and engage key stakeholders
  - Develop a preliminary landing page and provide early access to the program
  - Finalise implementation plan aligned to local context
- **IMPLEMENTATION STAGE 1 (MAR 26 - JUN 26)**
  - Complete formal integration with commissioned aftercare services
  - Develop a suite of collateral with unique QR codes
  - Begin scoping for future face-to-face delivery
- **IMPLEMENTATION STAGE 2 (JUL 26 - JUN 27)**
  - Train and certify country SA service staff to facilitate the face-to-face program in their communities
  - Embed the program into aftercare services systems
  - Monitor program uptake and engagement iteratively
- **EVALUATION (FEB 26 - JUN 27)**
  - Monitor program uptake, engagement and outcomes
  - Reporting
  - Evaluate implementation to inform future scale

### Access the program

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

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



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