



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



**Are you supporting someone experiencing suicidal distress or following a suicide attempt? If so, the *Minds Together* program can help.**

*Minds Together* is a free, evidence-based program designed to enhance the skills and knowledge of family, friends and carers in country SA.

What you'll gain:

- New strategies for supporting someone
- Ways to look after your own mental health and wellbeing while caring for others
- Access to videos, expert podcasts and interactive activities
- Connection with others who provide support and care.



**Access Minds Together**

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

An  **EVERYMIND** program

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COUNTRY SA  
An Australian Government Initiative



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