



A program for family, friends and carers

Supporting someone experiencing suicidal distress
or following a suicide attempt in the ACT

When you support someone experiencing suicidal distress or following a suicide attempt, your first concern is often for their wellbeing. However, taking care of your own mental health is equally important.

An  **EVERYMIND** program





About Minds Together

Minds Together is a free program available both online and face-to-face. It is designed to build your skills and knowledge to:

- **Support someone experiencing suicidal distress:** Learn to recognise the signs of suicidal distress, how to talk about suicide, and ways to provide support.
- **Support someone following a suicide attempt:** Understand the reasons why someone might attempt suicide and the strong feelings you may experience.
- **Look after yourself:** Identify how your feelings may impact your own mental health and wellbeing in your support role, and strategies to prioritise self-care.



Access Minds Together

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

