



A Program for Family, Friends and Carers

COUNTRY SA STAKEHOLDER INFORMATION KIT



An  **EVERYMIND** program

Background

Family, friends and carers play a vital role in supporting people experiencing suicidal distress or following a suicide attempt.

They often provide practical and emotional support and can make a significant difference in a person's wellbeing and connection to support. While this role can be rewarding, it can also be demanding and emotionally challenging. Providing ongoing support can affect a carer's energy, time, sleep, finances and overall wellbeing, highlighting the need for support for carers themselves.

About this kit

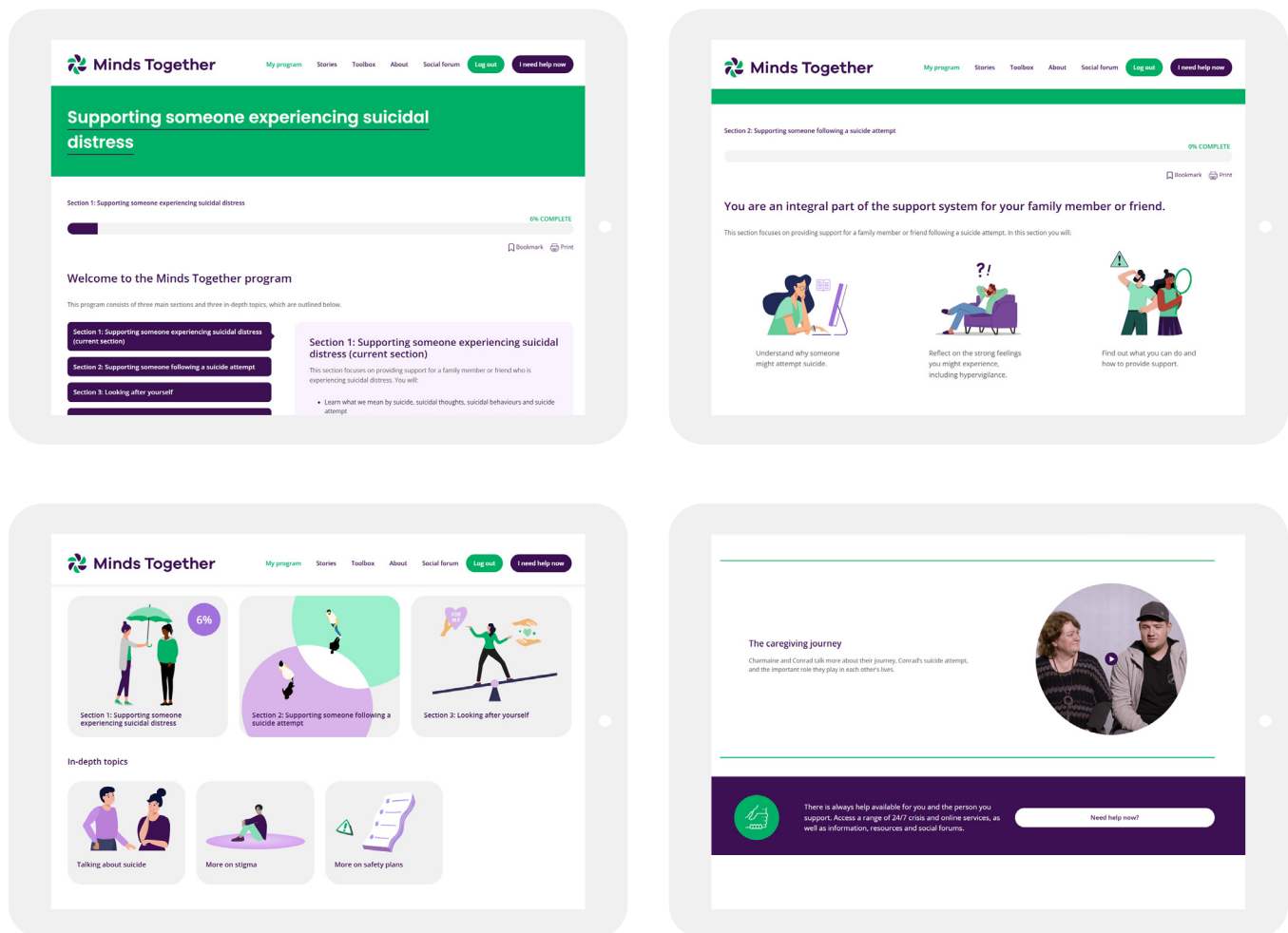
This kit provides an overview of the *Minds Together* program. It outlines why the program was developed and summarises what the program offers, who it is designed for and the impact it can have on carers' wellbeing. Resources and promotional collateral are also included to make it easy to share information about the program.



Why this program was developed

The *Minds Together* program was developed in recognition of the critical role that family, friends and carers play in supporting someone experiencing suicidal distress or following a suicide attempt.

The program aims to enhance the mental health and wellbeing of carers by providing evidence-based information, practical skills and support that build their confidence and capability to support others. At the same time, it helps carers strengthen their coping skills, prioritise self-care and maintain their wellbeing while navigating the challenges of their support role. The program acknowledges that carers need support too and provides resources to help them care for both their loved one and themselves.



If you have any questions or enquiries about this kit, you can email the Everymind team: everymind@health.nsw.gov.au

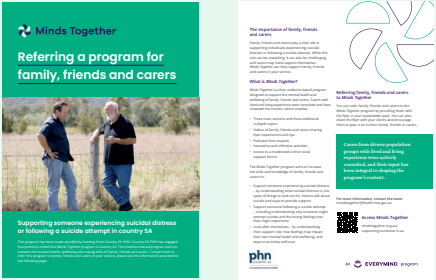
Why this program is important – FAQs

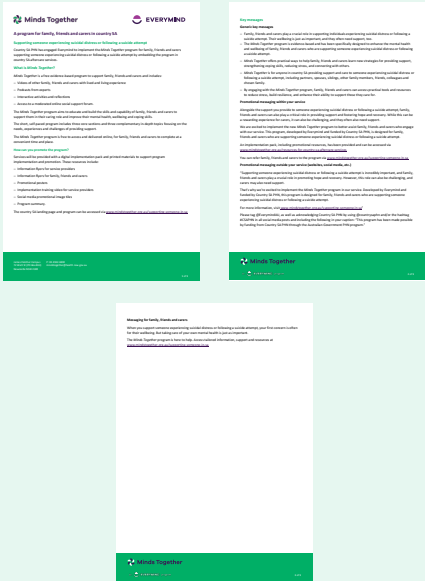
What is this program about?	The <i>Minds Together</i> program aims to increase the skills and knowledge of family, friends and carers to: • Support someone experiencing suicidal distress – by understanding what suicidal distress is, the types of things to look out for, how to talk about suicide and ways to provide support • Support someone following a suicide attempt – including understanding why someone might attempt suicide and the strong feelings that they might experience • Look after themselves – by understanding their support role, how feelings may impact their own mental health and wellbeing, and ways to prioritise self-care.
Who is the program for?	The <i>Minds Together</i> program is designed for family, friends and carers supporting someone experiencing suicidal distress of following a suicide attempt.
What does the program include?	The program features videos of other family, friends and carers with lived and living experience, podcasts from professionals, interactive activities and reflections, and access to a moderated online social support forum. The program includes three core sections and three complementary in-depth topics focusing on the needs, experiences and challenges of providing support.
How long does the program take?	The <i>Minds Together</i> program is free, self-paced and delivered online for family, friends and carers to complete at a convenient time and place.
How can this program be shared with others?	This program can be shared across aftercare and other services and community settings to support wider awareness and uptake. The following downloadable resources are available to support promotion of the program

Shareable resources

Promotional and information material is listed below. These can be easily accessed, used and distributed among different users interested in learning more about the program.

Resources for service providers

RESOURCE TITLE AND LINK	PREVIEW
Promotional resources	
A4 referral fact sheet Fact sheet for service providers about referring and delivering the <i>Minds Together</i> program to family, friends and carers. VIEW RESOURCE	
A4 fact sheet for family, friends and carers Information to share with family, friends and carers about accessing the <i>Minds Together</i> program. VIEW RESOURCE	
A4 posters to display in your service VIEW RESOURCE	

RESOURCE TITLE AND LINK	PREVIEW
A3 posters to display in your service VIEW RESOURCE	
DL flyer DL flyer to share with family, friends and carers about accessing the <i>Minds Together</i> program. VIEW RESOURCE	
Implementation resources	
In-service video A short training video for service providers about implementing the <i>Minds Together</i> program. VIEW RESOURCE	
Messaging brief for service providers Service providers can also access resources to help with program facilitation within their service. VIEW RESOURCE	

Resources for carers

Additional information and resources to support family, friends and carers in country SA.

Navigating the mental health system in country SA

By understanding where to get help, you'll be better prepared to provide support to someone while also looking after your own wellbeing.

[VIEW RESOURCE](#)



Six steps before leaving hospital

Supporting someone experiencing suicidal distress or following a suicide attempt can feel overwhelming. These six steps can help you prepare for when they leave the hospital.

[VIEW RESOURCE](#)



Social media post

These posts can be used on social media channels, with ready-to-use copy and images available to make sharing easy.

[VIEW RESOURCE 1](#)

[VIEW RESOURCE 2](#)



Suggested channels for sharing

- Staff newsletters and bulletins
- Professional networks and sector groups
- Local health district or service intranets
- Team meetings, supervision sessions and education calendars
- Conferences, webinars and training events.

Newsletter and website content

Provided below is ready-made content for emails, newsletters and websites to help services become aware of the program and how to learn more.

Promotional messaging outside your service:

Supporting someone experiencing suicidal distress or following a suicide attempt is incredibly important, and family, friends and carers play a crucial role in promoting hope and recovery. However, this role can also be challenging, and carers may also need support.

That's why we're excited to implement the *Minds Together* program in our service. Developed by Everymind and funded by Country SA PHN, this program is designed for family, friends and carers who are supporting someone experiencing suicidal distress or following a suicide attempt.

For more information, visit www.mindstogether.org.au/supporting-someone-in-sa

For promotion on social media, please tag @EverymindAU, as well as acknowledging Country SA PHN by using @countrysaphn and/or the hashtag #CSAPHN in all posts and include the following in your caption: "This program has been made possible by funding from Country SA PHN through the Australian Government PHN program."

Key messages:

Family, friends and carers play a crucial role in supporting individuals experiencing suicidal distress or following a suicide attempt. Their wellbeing is just as important, and they often need support, too.

The *Minds Together* program is evidence-based and has been specifically designed to enhance the mental health and wellbeing of family, friends and carers who are supporting someone experiencing suicidal distress or following a suicide attempt.

Minds Together offers practical ways to help family, friends and carers learn new strategies for providing support, strengthening coping skills, reducing stress, and connecting with others.

Minds Together is for anyone in country SA providing support and care to someone experiencing suicidal distress or following a suicide attempt, including partners, spouses, siblings, kin, other family members, friends, colleagues and chosen family.

By engaging with the *Minds Together* program, family, friends and carers can access practical tools and resources to reduce stress, build resilience, and enhance their ability to support those they care for.



Email template

Subject: Supporting family, friends and carers through *Minds Together*

Dear [Name],

Family, friends and carers play a crucial role in supporting people experiencing suicidal distress or following a suicide attempt. While this support can make a significant difference, it can also be challenging, and carers often need support themselves.

That's why we're pleased to share information about *Minds Together*, a free evidence-based program developed by Everymind and funded by Country SA PHN.

The program has been specifically designed to support the mental health and wellbeing of family, friends and carers who are supporting someone experiencing suicidal distress or following a suicide attempt.

Minds Together offers practical strategies and resources to help carers:

- Build confidence in providing support
- Strengthen coping skills and resilience
- Reduce stress and support their own wellbeing
- Connect with others who may have similar experiences
- Access information and tools to help navigate their caring role

The program is available to anyone in country South Australia who is supporting or caring for someone experiencing suicidal distress or following a suicide attempt, including partners, spouses, siblings, kin, parents, extended family members, friends, colleagues and chosen family.

By engaging with *Minds Together*, carers can access practical tools and supports that help them care for their own wellbeing while continuing to support the person they care about.

We encourage you to share this opportunity with your networks and communities who may benefit.

For more information or to access the program, visit: mindstogether.org.au/supporting-someone-in-sa/

Kind regards,

[Name]

[Organisation]

If your service needs support beyond the resources provided in this kit, including tailored implementation assistance or promotional assets, please reach out to everymind@health.nsw.gov.au



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Access Minds Together

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

phn
COUNTRY SA

An Australian Government Initiative