Minds Together

A program for family, friends and carers

Supporting someone experiencing suicidal distress or following a suicide attempt in NSW

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 and wellbeing is equally important.

What is *Minds Together*?

Minds Together is a free, self-paced program that will increase your skills and knowledge 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 you might experience
- Look after yourself – by understanding your caring role, how feelings may impact your own mental health and wellbeing, and ways to prioritise self-care.

You will also find:

- In-depth topics
- Videos of family, friends and carers sharing their experiences and tips
- Podcasts from experts
- Interactive and reflective activities
- Access to online social support.

For more information, contact the team:
mindstogether@health.nsw.gov.au

Access *Minds Together*

mindstogether.org.au/supporting-someone-in-nsw

An EVERYMIND program