



Family and friends supporting a paramedic experiencing mental ill-health or suicidal distress



Do you support or care for a paramedic who is feeling anxious, depressed, or showing signs of suicidal behaviour?

As a support person, you are valued and vital to improving the wellbeing of your loved one. Our new research project for family and friends is designed to aid those supporting paramedics displaying any symptoms or diagnosis of mental ill-health or suicidal distress. The paramedic you are supporting does not need to have any formal diagnosis. Maybe you have noticed a change in their mood or behaviour.

How can you get involved?

Consultation survey

Family and friends are invited to participate in a short survey to help us understand what it is like to support a paramedic experiencing mental ill-health and what is needed to help them in their caregiving role. This information will inform the development and design of a new online program.

Please share your insights and experiences as a support person of a paramedic by completing the online survey: <https://redcap.link/paramedicfamilyfriends>

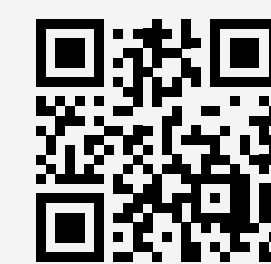


Participants who complete the survey will receive a \$25 grocery voucher to recognise the time associated with sharing their views for the research. Participants who complete the survey AND a short interview with our research team will receive a \$35 grocery voucher.

Family and Friends Reference Group

Family and friends are invited to share their insights by joining our reference group for the project. By joining the group, you will have the opportunity to provide input based on your experiences as a support person and contribute to the development of the online program.

If you are interested in being involved, find out more: <https://bit.ly/3jqSZal>



Group members will be reimbursed for their time and contributions.

everymind.org.au/supportingparamedics

An initiative of



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