

Lived Experience Advisory Group impact summary

July 2023 -
December 2024

Everymind LEAG

Participated in Everymind's Prevention in Practice Summit in December 2023, providing valuable perspectives on the panels, via video, in written reflections and through the lived and living experience acknowledgement.

Contributed to an Everymind submission to the Hunter New England and Central Coast Primary Health Network (PHN) pitch night for the Business and Community program area.

Newcastle members volunteered their input via the Hunter New England and Central Coast PHN regarding incorporating lived and living experience into universal aftercare design.

Provided perspectives on research and evaluation, sharing their research involvement experiences, contributed ideas for embedding lived and living experience into Everymind's research and evaluation processes, and discussed future opportunities for involvement. These insights will inform Everymind's ongoing research and evaluation planning, with specific opportunities for lived experience involvement in the future.



Best practice communications

Contributed a lived experience perspective in the *Mindframe* media and stakeholder briefing on the Australian Bureau of Statistics Causes of Death 2023 data to share key insights from the data release and how to communicate about it safely and sensitively.

Joined in a lived and living experience working group for *Our Stories Matter: Sharing lived and living experiences of suicide publicly*, providing advice, input and reviews of survey results, interviews and resources.

Co-presented *Our Stories Matter* with Everymind at the Healthy Minds Summit, and Journalism Education & Research Association of Australia conferences.

Two members are now contributing to a research paper about results of the national survey that helped inform the project.



Shared insights during a session for the *Conversations Matter* program, offering feedback on improving the accessibility, tone and presentation of the existing resources, suggesting ways to make them more engaging and relevant for diverse audiences, as well as ideas for promotion and distribution.



Knowledge translation

Shared quotes, reflections and reviews for Everymind's Prevention First Frameworks: *Prevention First: A Prevention and Promotion Framework for Mental Health* and *Prevention First* (adapted): *A Framework for Suicide Prevention*. Updated Frameworks will be released in 2025.

Joined an expert advisory group for the *Life in Mind: Suicide Prevention Implementation Hub*, providing input on the clarity and practicality of content, ensuring it offered actionable implementation guidance and authentically reflected the perspectives of people with lived and living experience of suicide. Input was key to informing changes in the development of the hub, including language considerations, adequately communicating impact and integrating lived experience content and implications throughout the hub.



Co-authored a publication from the 2023 Roses in the Ocean Lived Experience of Suicide Summit workshop, titled *Designing Supports for Family and Friends: Outcomes from an Australian Lived Experience of Suicide*. The paper, published in the Health Promotion International Journal, explores the crucial role of family and friends in supporting individuals facing suicidal distress. It emphasises the importance of incorporating diverse language, multimedia, images, and peer support in related programs.



Family, friends and carers

Provided advice on the initial development of the Queensland Family and Friends Support Program evaluation, specifically on how to approach involving the family and friends of individuals experiencing suicidality.

Contributed ongoing valuable insights to refine the Queensland Family and Friends Support Program evaluation framework, offering feedback and guidance on survey and recruitment materials and actively participated in discussions with key stakeholders, ensuring that their lived experiences were acknowledged and integrated. This collaborative effort helped ensure the materials were relevant to the target audience and effectively captured meaningful information for families and friends.

Participated in a family and friends reference group for a project focused on implementing the *Minds Together* online program into universal aftercare services in NSW. Members' lived and living experience of providing support will help guide the integration of the program into NSW aftercare services. To date, the group have attended the first meeting providing advice and have reviewed program content.

Current LEAG members: Megan Barrow, Nicholas Bloom, Melanie Clark, Jon Eddy, Melanie Jorgensen, Esther McKay, John Shearer, Elliot Waters and Jess Wilcox.