

# Impact summary

January - June 2024

Embedded sector and lived and living experience insights into our work through consultation with **653** participants

Enhanced best practice communication capability through the training of **1,233** people

**112,000+** website and digital portal users

**7,000+** downloads of Everymind resources



## Strategy and policy

- Partnered with the Tasmanian Government to design an Early Distress Support service for Tasmanians. This included a review of data and evidence, wide-scale consultation and the delivery of a service model, implementation plan and evaluation framework.
- Worked with Jane Austin Consulting to deliver a literature review and consultation plan to inform a Tasmanian approach to universal aftercare, with funding from Primary Health Tasmania (work to continue throughout 2024).
- Developed and released the 'Time for Action' report based on outcomes from the Prevention in Practice Summit. The report provides a valuable roadmap for embedding knowledge about the prevention of mental ill-health into policy and practice.
- Released a joint statement with Beyond Blue, Prevention United, Manna Institute and Public Health Association of Australia calling on governments to take sustained preventive action to address the growing prevalence of mental health concerns and stretched mental health services across Australia.



## Families and caregivers

- Began implementation of our *Minds Together* program for family and friends of someone who has attempted suicide.
  - Completed consultation on how to best integrate the program into aftercare services in Tasmania.
  - Commenced work to embed the program into aftercare services in NSW (digital only program) and the ACT (digital plus face-to-face program).
  - Commenced work with Queensland Health to develop an evaluation framework for state-wide implementation of a support program for family and friends caring for a person experiencing suicidality in Queensland.



## Knowledge translation

- Released an updated version of the *National communications charter (the Charter)*, along with a suite of supporting resources including online learning modules.
- 1330 signatories of the Charter to date.



## Best practice communications

- Finalised and disseminated A First Nations guide for truth-telling about suicide in partnership with the Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention.
- Released three new quick reference guides to support application of the *Mindframe* guidelines: public communication about crystal methamphetamine (in partnership with Cracks in the Ice), reducing stigma in the media (in partnership with SANE), and a self-care guide for news personnel covering traumatic news (in partnership with the Dart Centre Asia Pacific).
- Marked three years working with the Royal Commission into Defence and Veteran Suicide, the Department of Defence and Department of Veterans' Affairs (DVA) to plan for, and support, safe communication arising from the Royal Commission. This has included:
  - 29 *Mindframe* training sessions reaching 660 participants
  - Briefings for media, sector and government stakeholders and review of media releases and public facing documentation
  - Development of additional resource guides and a defence and veteran focused help-seeking card.



## Business and community

- Provided strategic suicide prevention and postvention advice to Rio Tinto Iron Ore. This included engagement with senior leaders to increase understanding, support for enhanced internal guidance and tools, and best practice communication training for executives and senior leadership.



## Research and evaluation

- Completed an evaluation of the Hunter New England Local Health District's Child and Adolescent Mental Health Services unit Centralised Intake service and Model of Care.
- Published eight peer-reviewed publications with Everymind lead authors or co-authors.



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