

## Family and Friends Reference Group for paramedic project

Everymind is seeking to establish a 'Family and Friends Reference Group' for a new project funded by Movember to develop an online program for family and friends supporting a paramedic experiencing mental ill-health or suicidal distress. This will be undertaken by adapting Everymind's existing *Minds Together* program for caregivers.

### Purpose of the group

The purpose of the reference group will be to provide input and support the content development of bespoke information to be included in the *Minds Together* program.

Everymind is specifically seeking:

- Five members with lived experience who are, or were, supporting a paramedic experiencing mental ill-health or suicidal behaviour (*please note the paramedic being supported does not have to be currently working, they can be retired/left the service or be on leave*).
- Representation from metropolitan and regional/remote areas.
- Female and male family members or friends.
- Participation in five meetings for two hours each over the two-year project.

### Expected commitment

Members of the group will be asked to advise on, and provide oversight of, the creation of resources developed, ensuring that they are appropriate, safe, and clearly represent the voice of family members and friends of paramedics. This may include adapting existing content, advising on imagery and developing new resources such as information sheets and multimedia content (e.g. videos).

Members of the group will be asked if they would be willing to participate in videos and/or podcasts. This is optional, and choosing not to participate will have no impact on your contribution to the program.

Group members will be offered co-presentation of results at local conferences and community forums and involvement in co-authorship of resulting reports and recommendations.

Group members will also be reimbursed for their participation at meetings (\$35 per hour x 2 hours per session) and additional remuneration if participating in videos and/or podcasts. The first meeting will occur in February/March 2022.

If you would like to nominate or suggest someone from your network that meets the above criteria and would be a valuable contributor to the development of the project, please contact Project Lead, Yohana Franklin directly via the details below.

Yohana Franklin, Everymind Project Lead

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