

Minds Together summary

January – June 2025

A program supporting the mental health and wellbeing of family, friends and carers of someone experiencing suicidal distress or following a suicide attempt.

Implementing *Minds Together* in NSW and the ACT

Everymind has been engaged by the NSW Ministry of Health and the ACT Health Directorate to implement the *Minds Together* program across both jurisdictions. While the two programs are independently delivered in each state and territory, they share core principles, delivery methods and overarching goals.

In both NSW and the ACT, implementation combines a self-paced digital program with face-to-face engagement. A train-the-trainer model is currently in development to support future, sustainable and localised delivery within aftercare and broader mental health services across communities.

Shared achievements across both jurisdictions:

- Distribution of printed and digital resources to support referral pathways in aftercare services
- Partnership with the Health Education and Training Institute (HETI) to develop the 'Creating safer environments' fact sheet
- Collaboration with the Aboriginal Health and Medical Research Council and the University of Technology Sydney on resources for Aboriginal and Torres Strait Islander family, friends and carers
- Finalised backend reporting for digital platform monitoring and evaluation
- **107** referrals made from the *Minds Together* program to the social forum hosted by SANE.

17 services and 200+ individuals across NSW and the ACT were engaged through face-to-face roadshows, with 63 community members registering for the online program.

Minds Together program activity in NSW

- ✓ **51** NSW residents registered for the program, **1,582** people visited the NSW landing page.
- ✓ Among participants, **78%** accessed Section 1, **39%** Section 2 and **31%** Section 3.
- ✓ In-person presentations were delivered across **13** NSW aftercare services, reaching **79** attendees.
- ✓ Bi-monthly online check-ins established to support NSW service staff with program implementation.
- ✓ Promotion through key sector channels, including NSW Health intranet and OneDoor Mental Health, Carers NSW, Hunter New England PHN and South Western Sydney PHN newsletters.
- ✓ **25** participants contributed demographic data for program evaluation.
- ✓ The Family and Friends Reference Group (FFRG) remains active with **eight** members.

Minds Together program activity in the ACT

- ✓ **12** ACT residents registered for the program, **767** people visited the ACT landing page.
- ✓ In-person presentations were delivered across **eight** ACT aftercare and other mental health services, reaching **120** health professionals.
- ✓ **1,470** resources were distributed across ACT services.
- ✓ Bi-monthly online check-ins established to support ACT service staff with program implementation.
- ✓ **Three** services committed to embedding the face-to-face program and training facilitators.
- ✓ Development commenced on trainer, facilitator and participant resources to support face-to-face program delivery.



Contributing to research

Published paper: *Pilot implementation of an online program for family and friends supporting the mental health of paramedics in Australia: Lessons learned.*

This mixed-methods study explored the feasibility and acceptability of the *Minds Together* online program for family and friends supporting the mental health of paramedics.

The findings highlight the value of lived-experience content, flexible delivery, and common barriers to digital engagement.



Community engagement and knowledge sharing

Over 5,600 Australians reached through *Minds Together* social media and 1,100+ engaged through conference presentations.

National Suicide Prevention Conference

Presented a poster on embedding *Minds Together* into aftercare services, showcasing its evidence-based online and face-to-face formats, train-the-trainer model, carer insights, early outcomes, and the program's national potential.

Carer Knowledge Exchange Incubator

Presented on the development and expansion of *Minds Together* for family, friends and carers supporting someone experiencing suicidal distress or following a suicide attempt. Pilot findings demonstrated improved carer connection, wellbeing and confidence, with lived experience shaping the updated program now embedded in NSW and ACT services.

NSW Universal Aftercare Forum

Delivered a keynote on implementing *Minds Together* in NSW aftercare services, highlighting carer needs and statewide program integration.



Justice Health and Forensic Mental Health Network

Everymind partnered with the NSW Justice Health and Forensic Mental Health Network to consult with people in custody and develop tailored resources for family, friends and peer inmates supporting someone experiencing suicidal distress.

Project achievements:

- ✓ Engaged **over 320** people in custody across three NSW correctional centres, capturing diverse lived experience insights to inform a suicide prevention resource grounded in real needs and strengths
- ✓ Identified a strong peer support culture, with **93%** of respondents willing to help others experiencing suicidal distress
- ✓ Established clear preferences for accessible and respectful support, including digital and print formats, culturally appropriate language, and informal help-seeking pathways
- ✓ Analysed data to develop two posters for family, friends and carers supporting someone in custody (for display in visiting areas), and two posters for people in custody providing peer-to-peer support.



Minds Together

An  **EVERYMIND** program