



[Life in Mind update](#)

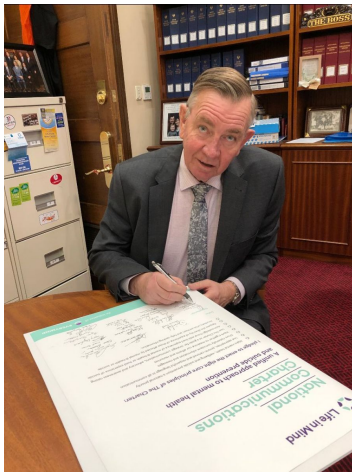
Welcome to the next edition of the *Life in Mind* eNews.

Now more than ever as we continue through this unprecedented time, working together in suicide prevention and supporting our communities and our own mental health and wellbeing is vital. *Life in Mind* continues to share the innovative work that is happening across the sector and encourages organisations to get in touch with their COVID-related mental health and suicide prevention resources to house on the *Life in Mind* portal.

Following an increase in suicide-related research regarding COVID-19, the team has continued to work with the University of Melbourne on collating and publishing this information on the COVID-19 Australian suicide prevention research page.

Recently, the South Australian Government pledged their commitment to reducing stigmatising language, demonstrating a final step in a whole of government approach with all levels of government signing the National Communications Charter.

Please see below to check out the latest news from the sector, research updates and upcoming events.



[South Australian Government signs on to support safe language](#)

The South Australian Government has shown their overwhelming support and commitment to safe language through a group signing of the National Communications Charter (The Charter).

[Read more](#)

[Meet *Life in Mind*'s newest Champion: Christopher Banks](#)

The *Life in Mind* team spoke to new Champion and Beyond Blue's Suicide Prevention Project Manager, Christopher Banks about the implementation of the National Communications Charter and what it means to be one of *Life in Mind*'s Champions.

[Learn more](#)



[Orygen launches guidelines globally for talking safely online about suicide](#)

The *#chatsafe* guidelines have been developed to support young people who might be responding to suicide-related content posted by others, for young people who might be looking for information or help for suicidal feelings, or for those who want to share online their own feelings and experiences with suicide.

[More info](#)

[Northern Beaches Council leads the way in suicide prevention](#)

Northern Beaches Council recently took out the Community Partnerships & Collaboration category at the NSW Local Government Excellence Awards. The *Life in Mind* team highlights some of their suicide prevention work and achievements.

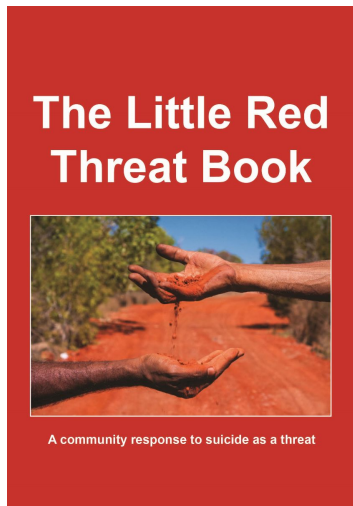


[Read more](#)

[MHACA supports communities in responding to suicide being used as a threat](#)

The Mental Health Association of Central Australia (MHACA) has developed The Little Read Threat Book - a resource to help families, communities and workers in the

Northern Territory respond to people who use suicide as a threat.



[Learn more](#)

[Life in Mind research update](#)

Life in Mind collaborates with a diverse range of Australian organisations on supporting the release, promotion and sharing of emerging research relating to mental health and suicide prevention in Australia.

Learn more about the latest in research across the sector.

[New study to help mental health services prepare to support young people](#)

Led by the Head of Suicide Prevention Research, Associate Professor Jo Robinson, Orygen is currently conducting a study to help mental health services prepare to support young people.

The *Young people's mental health and digital technology/social media use during the COVID-19 pandemic* survey will aim to understand the impact of COVID-19 on the mental health and wellbeing of Australian young people, their use of different technologies during this time and the role that these technologies might play in supporting them.

Orygen is looking for young Australians aged between 16-25 years to complete the 30-minute [survey](#).

[Life in Mind researchers](#)

Life in Mind profiles leading suicide prevention and postvention researchers currently operating in Australia.

University of New England's Professor Myfanwy Maple has dedicated two decades of her work to understanding suicide and its impacts. Read about her latest work [here](#).

Learn about other researchers *Life in Mind* collaborates with via the [researcher directory](#).

[Australian COVID-19 Suicide Research](#)

There has been a significant increase in suicide-related research regarding COVID-19. You can read the latest by accessing the *Life in Mind* COVID-19 [research directory](#).

The University of Melbourne is calling on all Australian researchers planning or already conducting suicide-related research regarding the COVID-19 pandemic to share their research updates and ideas as part of the National Leadership in Suicide Prevention Research project. Get in touch: research-leaders@unimelb.edu.au

Upcoming events



R U OK?Day: There's more to say after R U OK?'

R U OK? has announced the message for this year's R U OK? Day on Thursday, 10 September: 'There's more to say after R U OK?'

The theme this year focusses on providing support and resources to help guide Australians on what to say when someone says they're not OK and guide them through how they can continue a conversation that could change a life.

[Learn more](#)



Connect 2020: Breaking new ground through innovative research

Suicide Prevention Australia is hosting their next Connect 2020 webinar on Tuesday, 18 August with a line-up of researchers discussing some of the ground-breaking suicide prevention trials and research currently being conducted in Australia.

[Register now](#)



Do you have an event coming up?

Add your event to the *Life in Mind* [events directory](#).

Do you have a new program, resource or service? Don't forget to add it to the *Life in Mind* portal. Access the quick upload form [here](#).



Sign up to eNews

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Life in Mind is an initiative of **Everymind**. It is supported by funding from the Australian Government, Department of Health, under The National Suicide Prevention Leadership and Support Program.

Life in Mind acknowledges the traditional owners of the land we live and work on and pay our respects to elders past and present. Aboriginal peoples were involved in the planning and development of this online portal.

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