

Life in Mind Snapshot January-June 2021

Life in Mind is a digital knowledge exchange platform connecting suicide prevention organisations and related sectors, to translated evidence, data, current policy, local, state and national efforts and evidence-informed programs and services.

Leadership

- Supported the dissemination of the Final Advice from the National Suicide Prevention Adviser and Taskforce.
- Sponsored the Suicide Prevention Australia Symposium as digital platform partner.
- Collated and shared the mental health and suicide prevention sector's response to the Federal Budget in May 2021.
- Disseminated and amplified best practice examples of suicide prevention working in partnership with a range of key stakeholders including The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATISIP).

The Charter

- The *Life in Mind* team continued to build relationships with South Australian Primary Health Networks (PHNs), government and Suicide Prevention Networks to support uptake and implementation of The National Communications Charter.
- Continued to support organisations and individuals with signing and implementing The Charter, including new signatories Central Coast Local Health District, and the ACT Mental Health Coordinating Council.
- Support for LGBTIQ+ suicide prevention awareness and the importance of safe language and communication, with support at the Health In Difference 2021 Conference. This resulted in an increase in website traffic following the conference, from 429 users on Day 1 to 1,044 users on Day 2.



Priority populations

- Provided access to and supported the dissemination of national suicide data for priority populations, including Aboriginal and Torres Strait Islander communities and LGBTIQ+.

Most frequently accessed pages on the *Life in Mind* website include suicide data, links to the new National Suicide and Self-Harm Monitoring System and Australian Bureau of Statistics.



- Increase in referrals from the mental health and suicide prevention sector, universities, and government to *Life in Mind* website, including the National Mental Health Commission, Roses in the Ocean, Centrelink and Head to Health.
- Patterns of portal use and resource engagement from January to June 2021 show that users engage with the *Life in Mind* website for current data and information on issues that are at the forefront of the sector and suicide prevention landscape.

220%

Increase in engagement with Australian COVID-19 research information

221%

Increase in engagement with men's mental health and suicide prevention information

168%

Increase in engagement for gatekeeper training information



Website use and impact

- Continued updates of the Australian COVID-19 suicide research landing page.
- Collaborated with The University of Melbourne to host landing pages and project information for The Buoy Project.



Supported dissemination and knowledge translation of National Suicide Prevention Adviser and Taskforce supplementary research reports.

- Updated the evidence informed Zero Suicide Healthcare and Gatekeeper training directories.

A note about COVID-19

The COVID-19 pandemic continued to have some impact on the capacity of the *Life in Mind* initiative to deliver activities and engagement during this reporting period. The changes to travel and face-to-face restrictions had an impact on bringing together the *Life in Mind* Champions in-person, and on many of the regular stakeholder conferences and events of the sector to showcase and encourage knowledge exchange. The *Life in Mind* team continues to demonstrate flexibility and adaptability to navigate this challenging period by hosting online meetings, sponsoring and supporting online conferences and forums and exploring new opportunities to connect, collaborate and support the sector and communities.

