

# National communications charter

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## action guide worksheet

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The *National communications charter (the Charter)* is an evidence-informed document to help guide the way mental health and suicide prevention sectors, governments, businesses, communities and individuals communicate about mental health and wellbeing, mental health concerns and suicide.

Use this worksheet with the correlating action guide to help identify activities to action the Charter. Workshop your ideas and enter them in the spaces provided below.

### The Charter principles

### Activities

**1**  
We will make communicating about mental health, social and emotional wellbeing and suicide prevention a priority.

**2**  
We will respect the diversity of, and our actions will be guided by, people with lived and living experiences of mental health concerns and suicide.



## 3

We will listen to and empower Aboriginal and Torres Strait Islander voices and be guided by Aboriginal and Torres Strait Islander-led solutions, to strengthen social and emotional wellbeing.

## 4

We will base our communication on clear, consistent and evidence-informed messages.

## 5

We will use appropriate, respectful and person-centred communication.

## 6

We will work together to combine our efforts and support change.

## 7

We will provide and promote access to the appropriate supports and services for people and communities.