# What is Life in Mind?

Life in Mind is a national initiative that connects Australian suicide prevention services and programs to each other and the community.

It provides a platform for knowledge exchange surrounding suicide prevention, as well as sector leadership through collaboration and engagement.

Through the Life in Mind online portal, the project aims to reduce suicidal behaviours and suicide rates, as well as improve communications surrounding suicide attempts, response to suicide and its impacts.

To support these objectives, Life in Mind aims to:

* link policy to practice, communities to help seeking and practitioners to the evidence base through the online portal; and
* support coordinated consistent messaging around suicide prevention through the operationalisation of the National Mental Health and Suicide Prevention Communications Charter.

## Life in Mind project outcomes.

Long-term outcomes:

* Coordinated approach supporting national, state and local suicide prevention frameworks/strategies and promotion and prevention activities.
* Awareness and confidence through the sharing of knowledge around programs, activities and research.

Intermediate outcomes:

* Increase communication between stakeholders working in suicide prevention.

Immediate outcomes:

* Engagement and consultation with stakeholders in suicide prevention.
* Increase communication and awareness about working towards change.

Outputs:

* Life in Mind online portal with the content reflecting sector needs.
* Establish a national Life in Mind Champions leadership group.

Activities:

* Work with stakeholders to develop partnership agreements.
* Engage in national consultations with organisations working in suicide prevention.

Purpose:

* The project’s overall objectives are to contribute to a reduction in suicidal behaviour, rates and associated impact of suicide in Australia.

## Funding.

Life in Mind is funded under the Australian Government’s National Suicide Prevention Leadership and Support Program. This forms part of the National Suicide Prevention Strategy, with up to $44.5 million allocated across 16 projects until June 2019.

The Program supports a range of national suicide prevention activities, all aimed at increasing the capacity of individuals and communities to prevent and respond to suicide.

It also supports the Primary Health Networks (known as P H N) to lead a regional and integrated approach to suicide prevention.

The prevention activities are classified within five strategy areas:

* Activity 1: National Leadership Role in Suicide Prevention.
* Activity 2: National Leadership in Suicide Prevention Research.
* Activity 3: Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention.
* Activity 4: National Media and Communications Strategies (Life in Mind is funded under this activity).
* Activity 5: National Support Services for Individuals at Risk of Suicide.

## Partnership agreements.

Everymind has partnered with leading Australian suicide prevention and research bodies to ensure that systematic, evidence-led practice is executed within suicide prevention activities in Australia.

These include:

* [Suicide Prevention Australia](https://www.suicidepreventionaust.org/) - The Suicide Prevention Hub Best Practice Programs and Services (The Hub), managed by Suicide Prevention Australia, will be live in 2018. The Hub will independently review evaluated suicide prevention programs and services and provide a searchable listing of high-quality evidence-based programs. Visit [the Suicide Prevention Australia webpage on The Hub](https://www.suicidepreventionaust.org/suicide-prevention-hub-best-practice-programs-and-services) for more information.
* [Black Dog Institute](https://www.blackdoginstitute.org.au/).
* [University of Western Australia Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention](http://www.atsispep.sis.uwa.edu.au/).
* [University of Melbourne](http://www.unimelb.edu.au/).