



# Conversations Matter

## How to use the community resources

### *Why was Conversations Matter developed? How can these resources help individuals and communities?*

**Everyone has a role to play in understanding, preventing and responding to suicidal behaviour. They also have a role in supporting those directly affected by suicide.**

While communities want to be involved and talk about suicide, it can be challenging.

These online resources provide practical information for communities to guide conversations about suicide. They do not provide any advice about treatments or interventions, but instead focus on tips for handling safe, helpful and informed conversations about suicide.

There is a '[NEED HELP](#)' button on the top right hand side of the website homepage, for quick access to services for those who may need support.

### Resources for communities

This fact sheet is part of the community stream of resources.

There is an [additional stream of resources](#) for people working in suicide prevention, mental health or other services working with communities, available on the Conversations Matter website.

This stream provides information for community members to guide a range of different types of conversations about suicide.

The original set of resources are generally -focussed, but can be used to guide conversations within families, schools, workplaces, local communities, specific community groups and other settings.

Further community resources are currently being developed for specific target groups and settings. These include specific resources for young people, for family discussions and for Aboriginal communities. Additional resources to guide conversations in schools and workplaces are also in progress.

New resources will be continually developed and added to the site, so be sure to check in regularly, or sign up to the Conversations Matter newsletter at the bottom of the website homepage.

These resources will assist communities when:

- They want to know how to talk about suicide more generally – this includes group presentations or discussions about suicide prevention;
- When they are worried about someone and want to know what to say and what to do;
- And when there has been a death by suicide and they want to know how best to handle individual and community-level conversations as well as conversations with those bereaved by suicide.
- These resources are not to be used as advice for clinical or health-related conversations. They are basic advice for community conversations only.

**The online resources will assist communities to talk about suicide in ways that break down the stigma and increase understanding and support for those thinking about suicide, or those affected by suicide.**



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### How can I access and use the resources?

Conversations Matter resources are hosted on a stand-alone responsive website. This means you can access it on your computer, tablet or other mobile device. Users are encouraged to bookmark the site for easy access.

Following extensive consultations with the community, the resources have been built in multiple formats, so they are widely accessible. These formats include:

- **Online presentations**, which run through tips for conversations, a series of slides and have an added voice over
- Links on each resource page to printable and downloadable **fact sheets**
- Audio resources in the form of **podcasts**.

The resources are also enhanced by a range of supporting information and fact sheets, including links to other services, training, programs and resources.

**Further community resources are being developed for young people, professionals and Aboriginal communities. These will be made available soon on the website.**

### What will I find in the online presentations?

Each community resource appears as an online presentation. You can access the presentation by clicking on the title slides on the resources page.

The presentations are comprised of:

- Practical tips for safe discussions about suicide
- Breakout boxes to highlight important information
- Speech bubbles with examples of what to say.

Online presentations are on average about 10 minutes in duration and provide slides with helpful tips for safe discussions, breakout boxes to highlight important information to be considered as well as speech bubbles with examples of what to say.

You can automatically work through each online presentation, or forward to the next slide by clicking the forward **button located** on the bottom left of the presentation.

Each online presentation is accompanied by voice over for you to listen to while working through the slides.

There is an option to turn off the sound by clicking the mute button located on the bottom right of the presentation.

**Please note: It is recommended that you listen to the voice over, as it enhances the content and provides further context for you to consider in addition to the helpful tips provided.**

## Links to supporting information

Links to supporting information are provided to signpost you to relevant services and to provide you with further information, advice, training and support if needed. It is recommended that you contact one of these services if you need further advice.

Remember, these online resources will not provide any advice about treatments or interventions, but will focus on providing you with tips for handling conversations about suicide and things to think about to get you started.

If you are affected by the content in any way, or if you came to the site looking for assistance, please click the '[NEED HELP](#)' button on the homepage. This will direct you to contacts for services that can help, including those available 24 hours a day.

## Keeping up to date

We hope you find the **Conversations Matter** resources helpful.

You can keep up to date with new developments and activities by registering your interest in the website in the form at the bottom of the [website homepage](#).

You can also share the website with friends, family, colleagues and other people you know who may find them useful.

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