



## [Life in Mind Update](#)

We are excited to welcome [Amanda McAtamney](#) returning to the role as the *Life in Mind* Project Lead at **Everymind**.

It's an important time for the sector to focus on collaboration and knowledge sharing according to Ms McAtamney. "The suicide prevention sector is passionate about the work they are doing; it is inspiring and also humbling to see how quickly the sector is adapting to the challenges we are all facing," she said.

Moving forward, *Life in Mind* will continue to grow the [research section](#) of the website, develop and promote the comprehensive list of [resources to support those affected by bushfires and COVID-19](#), and focus on expanding the content for our [communities](#) and PHNs, while continuing to strengthen our connections with the sector.

The *Life In Mind* team is also working with our [Life in Mind Champions](#) on how we can best support the sector and our communities during this difficult time. We thank all our Champions, Charter signatories and sector for the ongoing support you continue to provide to this project.

Contact Amanda directly at [amanda.mcatamney@health.nsw.gov.au](mailto:amanda.mcatamney@health.nsw.gov.au)

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



### [Update from the National Suicide Prevention Adviser](#)

National Suicide Prevention Adviser, Christine Morgan provides an update on the National Mental Health & Wellbeing Pandemic Response Plan which provides a roadmap for addressing mental health and wellbeing needs across the population.

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## [Meet our newest \*Life in Mind\* champion: Charlie Willbridge](#)

*Life in Mind* is proud to introduce our newest Champion: Charlie Willbridge, Suicide Prevention Officer from the National LGBTI Health Alliance.

We asked Charlie to share some insights on the National Communications Charter and what it means to be part of the Champions Group leading its dissemination.


[Read more](#)


## [You Got This Mate: new mental health website dedicated to rural men](#)

You Got This Mate is a new initiative of the Centre for Rural & Remote Mental Health (CRRMH) and the Rural Adversity Mental Health Program (RAMHP), aimed at helping rural men reach their best possible mental health.

[More info](#)

## [National Mental Health Commission continues #InThisTogether in support of Australians during Coronavirus \(COVID-19\)](#)

As part of the collaborative campaign, a range of mental health service providers and organisations, experts and influencers joined together to provide helpful information, practical tips, and mental health and wellbeing support during this difficult time.


[Read more](#)

## [R U OK? releases updated Mateship Manual for those](#)

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R U OK?, in collaboration with Professor Nicholas Procter and the team at UniSA's Mental Health and Suicide Prevention Research Group, has released the revised Mateship Manual. The free manual is designed to provide guidance on how to support someone affected by a natural disaster or emergency, and ask, "are you okay?"

[More info](#)

## [Beyond Blue creates dedicated service to support Australia's mental health through COVID-19](#)

The free Coronavirus Mental Wellbeing Support Service, in the form of a digital site, delivers clear, evidence-based information, advice and support specifically tailored to the mental health and wellbeing challenges raised by the COVID-19 pandemic.

[Learn more](#)

## [Samaritans Australia uses National Communications Charter to support staff mental wellness](#)

Last year, Samaritans Australia signed the National Communications Charter. They have shared some of the measures they've put in place using the principles in The Charter for staff to maintain their mental wellness during these uncertain times.

[Read more](#)

## [InnoWell becomes a proud signatory of The Charter](#)

InnoWell is a proud signatory of the National Communications Charter, demonstrating their commitment to using the right language in mental health, mental illness, and suicide.

[Read more](#)

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## **[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.

## **[Life in Mind to support University of Melbourne on national COVID-19 suicide research project](#)**

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 updates and ideas as part of the National Leadership in Suicide Prevention Research project.

## **[University of New England and the National Suicide Prevention Taskforce lived experience consultation](#)**

The University of New England is conducting research to understand the ways in which people experience suicide from a personal point of view. This information will be used to inform the work of the National Suicide Prevention Taskforce and to help shape interim recommendations to be provided to the Prime Minister in July 2020.

## **[IASP launches the Reporting on Suicide During the COVID-19 Pandemic media resource](#)**

In response to the COVID-19 pandemic, the International Association for Suicide Prevention (IASP) has developed the Reporting on Suicide During the COVID-19 Pandemic media resource to aid journalists on best practices for covering suicide and self-harm related behaviours.

## **[The Australian National University releases survey results on impact of 2019-20 Australian Bushfires](#)**

The Australian National University Centre for Social Research and Methods undertook a survey of the population to measure exposure and the impact on attitudes of the 2019-20 Australian Bushfires.

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## Upcoming events



### **Connect 2020 - Suicide Prevention Australia's webinar series**

The Connect 2020 webinar series brings together thought leaders and innovators to share ideas to support our vision of a world without suicide.

The next webinar – New directions in male suicide prevention - will investigate the unique challenges of male suicide prevention, bringing a national and global perspective to one of the biggest issues in suicide prevention and mental health.

This online event will be held on Tuesday, 16 June at 10.30am.

[Register now](#)

### **Black Dog Institute's Settling the Mind: Mental Health and Coronavirus Webinar series**

Black Dog Institute is committed to connecting communities and stakeholders to the best possible mental health evidence related to COVID-19.

To share these insights and resources, Black Dog Institute has launched a series entitled: Settling the Mind.

These webinars highlight resources and support for a range of needs including information for a worker, health professional, school or community member.

[Register now](#)

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 e-news**

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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

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