

Media Release

Toolkit Launched to Promote Safe Discussion of Suicide

The Mental Health Council of Tasmania (MHCT) in partnership with [Everymind](#) have launched a toolkit to promote safe and effective discussions around suicide and suicide prevention. The **Safely Talking Toolkit** is designed to break down the stigma around talking about suicide. It is a practical guide to holding safe discussions about suicide with a range of community audiences.

The first of three workshops to be held across the state was held today in Hobart. Co-facilitated by MHCT and Everymind, the workshops will guide individuals through the Safely Talking Toolkit and how to provide safe community discussions.

Connie Digolis, CEO of MHCT said, *“The Safely Talking Toolkit is a fantastic resource for anyone looking to host a discussion in the community about mental health or suicide prevention. Rather than discourage people from speaking openly or raising awareness, we want people to feel confident that they are communicating about this issue in a safe and meaningful way. The Toolkit is a Tasmanian focused, innovative resource that (to our knowledge) is the first of its kind.”*

“We have been overwhelmed at the response from people wanting to attend the Safely Talking workshops. There will be 120 people attending over the week with a waiting list if there are any cancellations. It is clear that Tasmanians really value these discussions and want to ensure that we are communicating about suicide prevention in a way that encourages help-seeking behaviour,” said Ms Digolis.

Those attending the Safely Talking workshop will be invited to join the Safely Talking register. The register will provide a list of individuals and organisations who provide safe community discussions on suicide prevention. The Safely Talking register will be live on the [TasCharter.org](#) website from the end of October 2019.

The Safely Talking Toolkit is a resource proudly supported by the Tasmanian Government and delivers on a key priority of the Tasmanian Suicide Prevention Strategy; *‘support communities to understand and safely talk about suicide and the impact of suicide’*.

For more information and to access a copy of the toolkit go to: www.tascharter.org/safely-talking

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Available for Interview: Connie Digolis, MHCT CEO

Please include the following crisis support services for any story regarding mental health or suicide.

Lifeline: 13 11 14 www.lifeline.org.au

Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

beyondblue: 1300 22 4636 www.beyondblue.org.au

More information on safely reporting on mental illness or suicide can be found at

<https://mindframe.org.au/> and <https://www.tascharter.org/>