

# YOU ARE NOT ALONE

## Stakeholder pack



Information and resources for organisations looking to share the *You are not alone* resource.

Visit the website: [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone)

# About **YOU ARE NOT ALONE**

**“I do find  
reading other  
people’s experiences  
of this helpful because  
I think ‘Oh my god,  
this just happened to  
me’ you know?”**

– Victorian resident who  
cares for her partner

*You are not alone* is an online resource that provides information and advice to support those who care for someone who has attempted suicide, or is at risk of doing so.

This innovative and evidence-based resource was created in collaboration with people who have supported a partner, relative, or friend after a suicide attempt. Their voices and stories feature throughout the website. Their lived experience serves as a reminder that although there is no single way to respond to or support someone after they’ve attempted suicide, there are many who have been through this situation.

## **The Better Support project**

*You are not alone* is the final product of the *Better Support* project, led by SANE Australia, with the support of the Grenet Merrin Foundation and The Ian Potter Foundation.

SANE Australia is a national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy.

The project’s initial research phase, conducted in partnership with the University of New England, involved a survey of more than 750

respondents. Further qualitative interviews were conducted with 32 participants who had cared for someone after they had attempted suicide.

The *You are not alone* resource was tested in workshops conducted with people who have supported a partner, relative or friend after a suicide attempt. This was done in partnership with the University of Sydney.

You can read more about the Better Support research and download the full report on our website.

## **Want to know more?**

If you’d like to speak to someone at SANE about *You are not alone*, please contact: [youarenotalone@sane.org](mailto:youarenotalone@sane.org)





## About this stakeholder pack

*You are not alone* is an evidence-based resource designed for adults who care for a family member, loved one, friend, colleague or acquaintance who has attempted, or is at risk of attempting, suicide.

The website is a one-stop source of information and advice for navigating this situation.

The resource is designed to complement existing local suicide-prevention efforts. It draws on both the input of people with lived experience and research evidence around how best to support people who might be caring for a loved one following a suicide attempt.

We hope this resource can be a tool for PHNs, community organisations, health professionals and local suicide-prevention networks to use as part of their existing efforts to support carers, as well as in communities where these initiatives may not yet exist.

By highlighting the voices of people who have lived experience of caring for someone who has attempted suicide, we hope readers begin to see they are certainly not alone in this situation.

This stakeholder pack provides the tools you'll need to share *You are not alone* with your networks and ensure carers in your local community can access the guidance and support they need.

## Who is *You are not alone* for?

Not everyone who supports someone emotionally after a suicide attempt identifies themselves as a 'carer', but they can play an important role in their recovery.

*You are not alone* aims to support this often-overlooked network of carers by providing information and advice to assist *them* to assist the person they care about.

It also includes a *Caring for a carer* section, designed to assist a carer's friends and family to support them along the journey.

## When should I refer someone to *You are not alone*?

*You are not alone* is suitable for anyone looking for information and support after someone they care about attempts suicide – whether it's immediately after the attempt, or a year later. The attempt, or risk of one, does not need to be recent.

The non-linear navigation of this resource allows people to find advice that is relevant to them, no matter what stage of their carer journey they're at.



**“That was the worst thing ... we couldn’t make it better and we didn’t know how to and we were just floundering around and trying to cope with everything and just ... we had no idea what we were doing.”**

– Tasmanian resident who cares for her child

## **Can I refer someone to a specific part of the resource?**

Yes. The *You are not alone* website features three sections of information to help carers navigate points in time that can be particularly stressful and when support is most helpful.

### **In an emergency**

#### ***At the time of a suicide attempt***

This section of the resource addresses the emergency or crisis period immediately after someone attempts suicide, or if they’re at risk of doing so. Readers can find information about navigating the hospital system, as well as self-care advice during this period.

### **Ongoing help**

#### ***When the person is discharged from medical care, or when the initial crisis period subsides.***

Here, readers will find information about the challenges for someone when they leave hospital and return to the community after a suicide attempt. The resource includes links to both local and online services for when carers need to reach out for extra support, as well as self-care tips for providing ongoing support to the person they care about.

### **Repeated suicide attempts**

#### ***If the person attempts more than once.***

People who attempt suicide once are at an increased risk of attempting again. The resource includes information to support carers if they find themselves in this situation. It also contains some tips for managing their relationship with the person they care about, and for taking care of themselves.



# How to promote **YOU ARE NOT ALONE**



Get the *You are not alone* resource to the people who need it most by sharing it on social media or promoting it in your next newsletter.

## **Sharing on social media**

We've prepared some social media tiles to help you share the website to carers in your community, whether you're posting to your organisation's page, a community group, or your personal page.

We've also included some examples of captions you may like to use.

Don't forget to include the website URL – [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone) – on Facebook, Twitter and LinkedIn to ensure your followers can access the resource.

If you're sharing the resource on Instagram, you'll need to add the URL to your page's biography (for instructions on how to do this, visit: <https://help.instagram.com/362497417173378>).

Use the hashtag **#YouAreNotAlone**

## **Promoting in a newsletter**

We've prepared a short paragraph and graphic about *You are not alone* for your regular newsletter. Simply copy and paste.

Download these assets on the page 8.



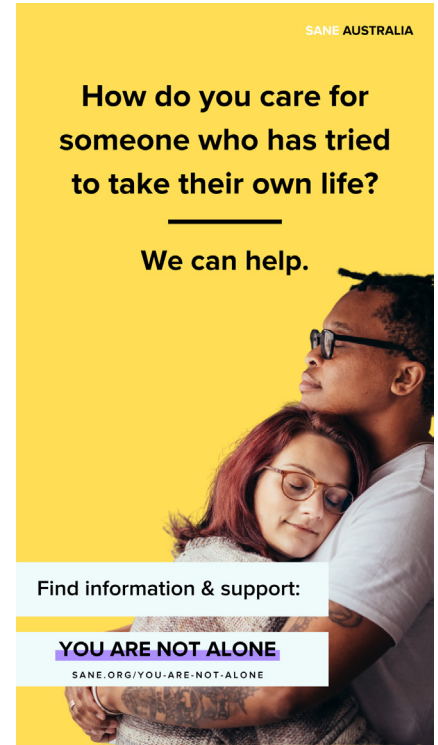
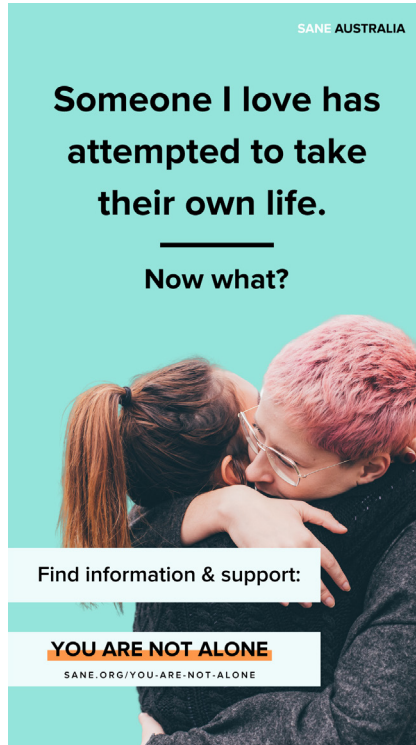
**#YouAreNotAlone**

**“I didn't have  
the information  
or the skills to sort  
of get through  
that journey.”**

– South Australian resident  
who cares for  
her parent

# Social media tiles to share

Share these social media tiles on Facebook, Twitter, Instagram or LinkedIn. You can also find accompanying captions on page 7 & 8.



**“It’s learning the language of the system... the average person doesn’t know the language so they can’t use the correct terminology... [to] articulate exactly what you need...”**

– New South Wales resident who cares for her child

**Download the whole set**

# Social media captions

Feel free to use these captions when promoting the *You are not alone* website to your organisation's followers.

## Suggested caption 1:

### Facebook/Twitter/LinkedIn

When someone close to you attempts suicide or has suicidal thoughts, it can be hard to respond to their needs, whilst also taking care of yourself.

Visit [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone) for information and advice. **#YouAreNotAlone**

### Instagram

When someone close to you attempts suicide or has suicidal thoughts, it can be hard to respond to their needs, whilst also taking care of yourself.

Visit the You Are Not Alone website ([#Linkinbio](https://www.instagram.com/linkinbio)) for information and advice. **#YouAreNotAlone**

## Suggested caption 2:

### Facebook/Twitter/LinkedIn

Has someone you care about attempted suicide? You are not alone.

Visit [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone) to find support, informed by the experiences of people who've been where you are. **#YouAreNotAlone**

### Instagram

Has someone you care about attempted suicide? You are not alone.

Visit the website ([#Linkinbio](https://www.instagram.com/linkinbio)) to find support, informed by the experiences of people who've been where you are. **#YouAreNotAlone**

## Suggested caption 3:

### Facebook/Twitter/LinkedIn

Do you care for someone who has tried to take their own life? You are not alone.

Visit [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone) to learn how to look after them – and yourself.

**#YouAreNotAlone**

### Instagram

Do you care for someone who has tried to take their own life? You are not alone.

Visit the website ([#Linkinbio](https://www.instagram.com/linkinbio)) to learn how to look after them – and yourself.

**#YouAreNotAlone**

## Suggested caption 4:

### Facebook/Twitter/LinkedIn

After someone attempts suicide, it can be hard to know how to take care of them.

Visit [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone) for information and support, informed by people who've been in your shoes. **#YouAreNotAlone**

### Instagram

After someone attempts suicide, it can be hard to know how to take care of them.

Visit the You Are Not Alone website ([#Linkinbio](https://www.instagram.com/linkinbio)) for information and support, informed by people who've been in your shoes. **#YouAreNotAlone**

# Social media captions

## Suggested caption 5:

### Facebook/Twitter/LinkedIn

It's hard to know how to help someone who has tried to take their own life. Visit [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone) for information and advice, wherever you are on this journey.

Whether you're dealing with an emergency right now or you've been looking after the person for quite a while, we can help. **#YouAreNotAlone**

### Instagram

It's hard to know how to help someone who has tried to take their own life. Visit the You Are Not Alone website ([#Linkinbio](https://www.instagram.com/youarenotalone)) for information and advice, wherever you are on this journey.

Whether you're dealing with an emergency right now or you've been looking after the person for quite a while, we can help. **#YouAreNotAlone**



**#YouAreNotAlone**

## Newsletter article:

Download the *You are not alone* graphic, copy the text below, then paste both into your organisation's newsletter to share the website with your community.

## YOU ARE NOT ALONE

Do you care for someone who has attempted, or is at risk of attempting, suicide? SANE Australia has developed a great new online resource to help you navigate this journey.


The website is one-stop source of information and advice about dealing with emergency situations, looking after the person you care about once they leave hospital, and taking care of yourself in this situation.

Visit the website: [www.sane.org/you-are-not-alone](http://www.sane.org/you-are-not-alone).





# Need mental health support now?



**“Our whole life has changed since... and people have just assumed that I’ve gotten on with it... but no, I’m actually quite traumatised by it.”**

– New South Wales resident who cares for her child

Speaking about issues relating to suicide can be difficult. Sharing the *You are not alone* resource may mean that members of your local community or online network reach out to you for information about where to find support. Here are some services that might be able to assist you:

## Crisis support

If you, or a someone you care about, is experiencing emotional distress, please call Lifeline on **13 11 14** (24 hours/7 days) or chat to a crisis supporter online at [lifeline.org.au](https://lifeline.org.au) (7pm – midnight every night.) If it is an emergency, please call **000**.

## SANE Forums

SANE’s online forums provide peer to peer support and are completely anonymous and are moderated 24/7 by mental health professionals. They are an excellent source of information and support for those living with, or caring for someone living with, complex mental health issues.

## SANE Help Centre

The SANE Help Centre provides counselling, support, information and referrals to adults who identify as having a complex mental health issue, complex trauma or high levels of psychological distress. We also provide support to the family or friends who care about them.

You can reach our team of counsellors by phone, email or web chat from 10am to 10pm Monday to Friday AEST.

Visit [www.sane.org/services/help-centre](https://www.sane.org/services/help-centre).

We hope you find *You are not alone* to be a useful tool in providing guidance and support to those caring for someone who has attempted, or is at risk of attempting, to take their own life.

If you’d like to discuss the website with someone at SANE Australia, please contact: [youarenotalone@sane.org](mailto:youarenotalone@sane.org).

