

MENTAL HEALTH PROTECT™

Stakeholder Pack



The Mental Health Literacy and
Suicide Prevention Training
Program has been funded by the
Department of Veterans' Affairs



Acknowledgement of Country

Mental Health First Aid International recognises Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of Australia.

We acknowledge and pay respect to Aboriginal and Torres Strait Islander peoples as the world's oldest living culture and embrace their continuing connection to land, waters and community. We pay our deepest respect to all Elders past, present and emerging.

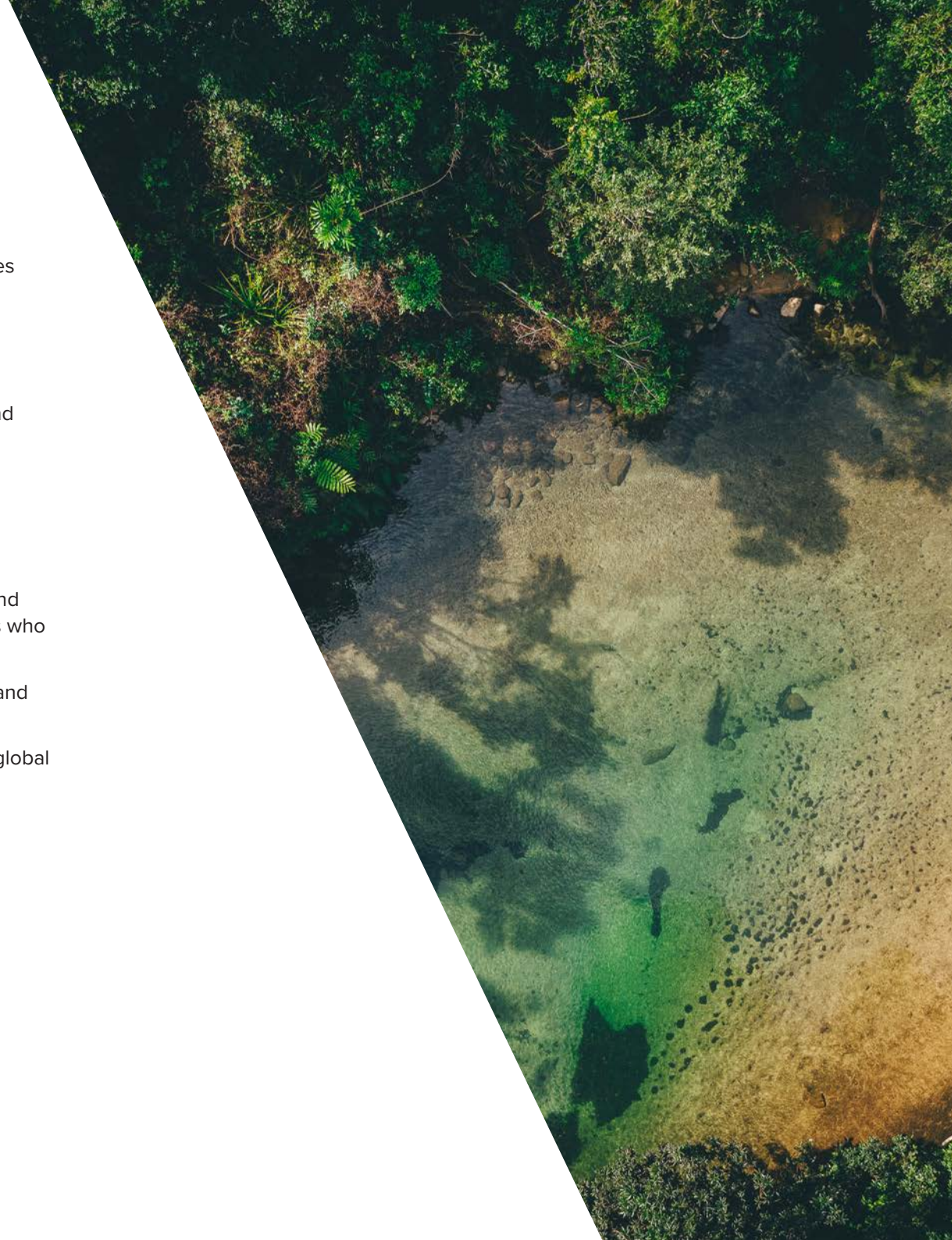
We also acknowledge all Aboriginal and Torres Strait Islander peoples who are ex-serving or current serving members of the Australian Defence Force (ADF) and their families.

Acknowledgement of Lived Experience

Mental Health First Aid International wishes to acknowledge people with lived and living experience of mental health problems and suicidality, and their loved ones who care and support them.

With diverse identities, challenges and life experiences, each journey is unique and invaluable.

Thank you to those who have courageously shared stories to help educate the global community.



Content Statement

The Mental Health Protect Stakeholder Pack refers to mental health problems, suicide and suicidality among serving and ex-serving Australian Defence Force (ADF) members.

When reading this document or discussing this program, it may lead to distress or uncomfortable feelings, emotions or memories. If this occurs and you or someone you know needs help, please refer to the available support services listed in the **Mental Health Protect Helpful Resources** guide.

This pack has been created in line with the national Mindframe guidelines to write about mental health, suicide and traumatic experiences in a safe and responsible manner that aims to reduce stigma and promote help-seeking behaviour.

This document has been reviewed by those with lived experience in the ADF or veteran community.

Urgent support

If you require urgent or immediate help, please call:

Triple zero (000) or present to your local emergency department.

To find a list of mental health, crisis and veteran-specific support resources, please access the **Mental Health Protect Helpful Resources** guide.

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The Mental Health Literacy and Suicide Prevention Training Program has been funded by the Department of Veterans' Affairs



Introduction

In partnership with the Department of Veterans' Affairs, Mental Health First Aid International is launching Mental Health Protect™, a fully funded mental health literacy and suicide prevention training program available to all members of the veteran community.

This program provides training from early intervention and suicide prevention training providers Mental Health First Aid International and LivingWorks. It is open to all members of the veteran community, including:

- Veterans who are ex-serving Australian Defence Force (ADF) personnel.
- Families, friends, carers, employers, and colleagues of ex-serving and current Australian Defence Force (ADF) Personnel.
- Health care professionals and community members supporting veterans and their families.
- Current ADF personnel

By participating in this program, your members can become an essential part of the support network for the over half a million Australians who have served or are serving.



How you can use this pack

This pack has been created to help ex-service organisations (ESOs) and other stakeholders promote fully funded mental health literacy and suicide prevention training programs to their members and the broader veteran community.

This pack contains:

- Social media copy and tiles
- Videos
- Newsletter copy
- Posters (A3)
- Flyers (A4)

You can support the initiative by:

- Directing your community to the Mental Health Protect program page at www.mhfa.com.au/protect and the broader veteran community.
- Sharing the materials in this stakeholder pack with your community
- Printing and displaying the posters and flyers at your workplace or community setting



Key messages

Mental health and suicide in the veteran community

- Veterans can face unique challenges that significantly increase their risk of psychological distress and suicide compared to the broader Australian community.¹
- Almost 3 in 4 transitioned Australian Defence Force (ADF) members have had a mental health disorder at some stage during their lifetime.²
- Ex-serving males are 26% more likely to die by suicide than the general Australian male population, and ex-serving females are more than twice as likely to die by suicide than the general Australian female population.³

The first line of support

- The veteran community, including veterans, families, friends, caregivers and ex-service organisations, play an important role in supporting the mental health and wellbeing of veterans.
- Individuals who care for, assist or work with veterans may be the first point of contact for a veteran who is experiencing mental health problems, distress or suicidal thoughts.
- People with mental health problems are more likely to seek help if someone close to them suggests it.
- Members of the defence community perceive mental health stigma as a significant barrier to seeking care, more so than civilian populations.⁴
- Interventions by caring individuals can play an important role in veterans' survival and recovery.⁵
- Recovery is possible with the right treatments and supports.

Mental health literacy and suicide prevention program

- Funded by the Department of Veterans' Affairs, Mental Health Protect provides access to a training program to equip members of the veteran community to increase mental health literacy and have greater awareness on suicide prevention strategies.

¹ Department of Veterans' Affairs. (2022). Mental Health Prevalence and Pathways to Care Summary Report.

² Department of Veterans' Affairs. (2022). Mental Health Prevalence and Pathways to Care Summary Report.

³ Australian Institute of Health and Welfare. (2023). Serving and ex-serving Australian Defence Force members who have served since 1985: suicide monitoring 1997 to 2021.

⁴ McGuffin, J., Riggs, S., Raiche, E., Romero, D. (2021). Military and Veteran help-seeking behaviors: Role of mental health stigma and leadership.

⁵ Lindsay, P. (2024). Shining a light: Stories of trauma & tragedy, hope & healing.



SOCIAL MEDIA

The Mental Health Literacy and Suicide Prevention Training Program has been funded by the Department of Veterans' Affairs



Australian Government
Department of Veterans' Affairs



**MENTAL HEALTH
FIRST AID**
For Anyone. For Everyone.



LIVINGWORKS

Media Assets

Mental Health First Aid International have created some social media copy and tiles for you to share on your channels. You are welcome to mix and match the social media copy and tiles or adapt them to suit your audience.

Post copy:

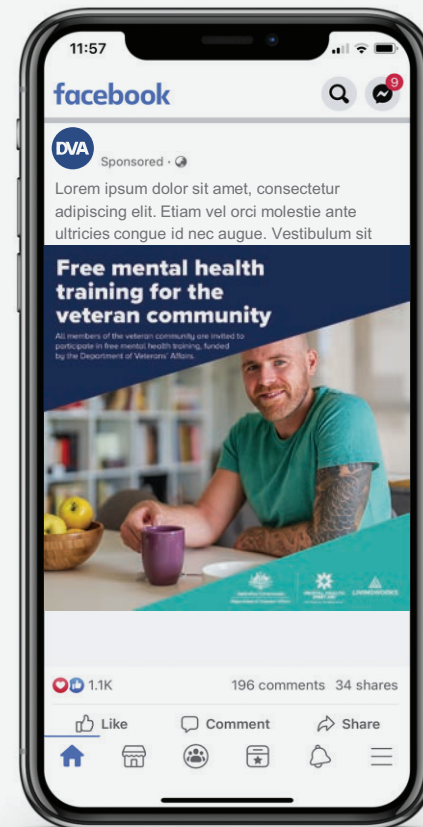
Members of the veteran community are invited to participate in fully funded mental health training at no cost to participants, funded by the Department of Veterans' Affairs.

Enrol today and be a part of creating a safer, more supportive environment for veterans and those who support them.

Places are limited.

Learn more and enrol: www.mhfa.com.au/protect

#mentalhealthprotect #veteranmentalhealth



Click the icon to download



Media Assets

Post copy:

Join a nationwide initiative to improve mental health literacy and prevent suicide within the veteran community.

This fully funded training program is open to:

- Veterans who are ex-serving Australian Defence Force (ADF) personnel.
- Families, friends, carers, employers, and colleagues of ex-serving and current ADF personnel.
- Health care professionals and community members supporting veterans and their families.
- Current ADF personnel.

Enrol in a course to gain the knowledge, skills and confidence to recognise and respond to signs of mental health problems, suicidal thoughts or other crises.

By participating, you become an essential part of the network that ensures veterans receive the care and support they deserve.

Learn more and enrol: www.mhfa.com.au/protect

#mentalhealthprotect #veteranmentalhealth



Click the icon to download



Media Assets

Post copy:

We all have a role to play in supporting the wellbeing of veterans.

As members of the veteran community, we are often the first point of contact for veterans who are experiencing mental health problems, suicidal thoughts, or other crises.

You are invited to participate in free, fully funded training to learn the skills and knowledge to provide initial support and guide people to professional help in these crucial times of need.

By participating, you can make a difference in the lives of those who have served.

Places are limited so secure your spot today. Learn more and enrol:
www.mhfa.com.au/protect

#mentalhealthprotect #veteranmentalhealth



Click the icon to download



Media Assets

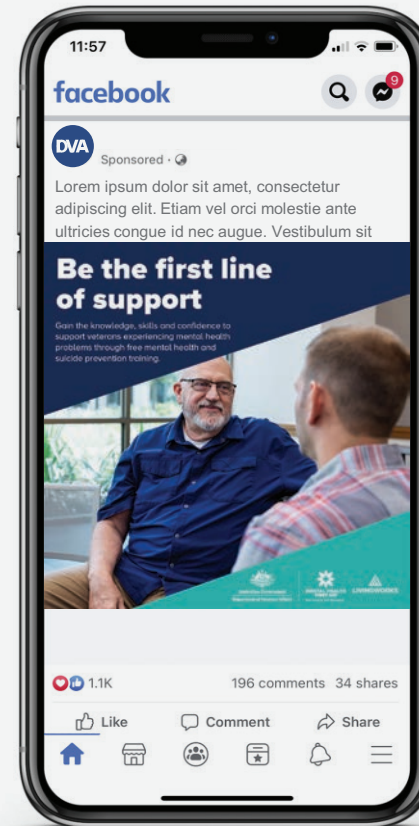
Post copy:

You're invited to participate in mental health literacy and suicide prevention training to develop the skills and confidence to support veterans experiencing mental health problems.

Enrol today in fully funded training delivered by Mental Health First Aid International and LivingWorks. Places are limited so secure your spot today.

Learn more and enrol: www.mhfa.com.au/protect

#mentalhealthprotect #veteranmentalhealth



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VIDEO

The Mental Health Literacy and Suicide Prevention Training Program has been funded by the Department of Veterans' Affairs



Video

Download the video below to share on your website or social media accounts – and don't forget to include a link to the program page at www.mhfa.com.au/protect.

www.youtube.com/watch?v=-1hq2HHPs9U



Click the icon to download and right click and select 'Save video as'



NEWSLETTER CONTENT

The Mental Health Literacy and
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Australian Government
Department of Veterans' Affairs



**MENTAL HEALTH
FIRST AID**
For Anyone. For Everyone.



LIVINGWORKS

Newsletter Content

Do you have a newsletter to stay in touch with your members? Share or adapt the messaging to encourage them to sign up to fully funded training offered via the Mental Health Protect

Newsletter copy:

At [insert organisation name], we are committed to working toward a safer, brighter future for veterans.

We all have a role to play in supporting the mental health and wellbeing of those who have served.

As members of the veteran and ex-serving community we are often the first point of contact for veterans who are experiencing mental health problems, distress or crises.

Funded by the Department of Veterans' Affairs, the program provides access to training from leading early intervention and suicide prevention training providers, Mental Health First Aid International and LivingWorks.

You are invited to enrol in a range of courses to gain the knowledge, skills and confidence to provide support to veterans in those crucial times of need.

Learn how to recognise and respond to signs of mental health problems and provide suicide first aid to your loved ones, peers or colleagues – guiding them to safety and appropriate professional support.

Places are limited, so secure your spot today.

Learn more and enrol: www.mhfa.com.au/protect



Click the icon to download



POSTERS

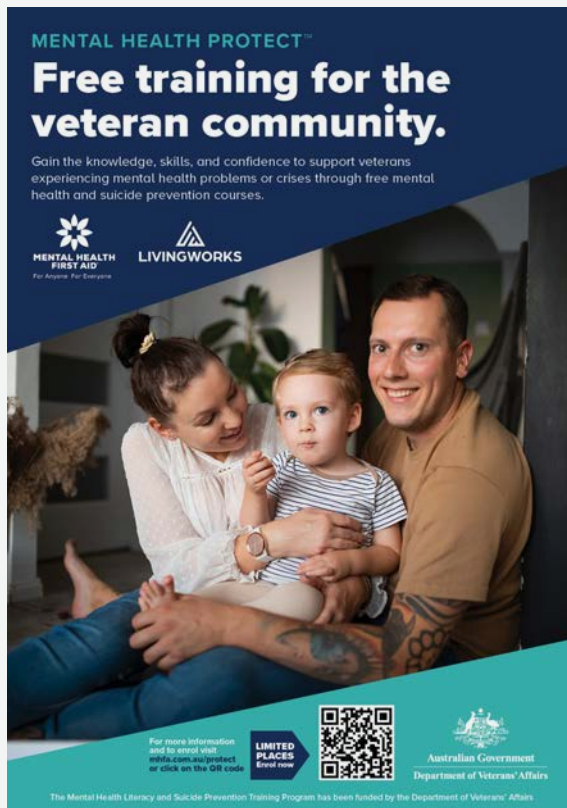
The Mental Health Literacy and Suicide Prevention Training Program has been funded by the Department of Veterans' Affairs



Poster (A3)

Download the program posters to print and display at your local centre, workplace or community setting.

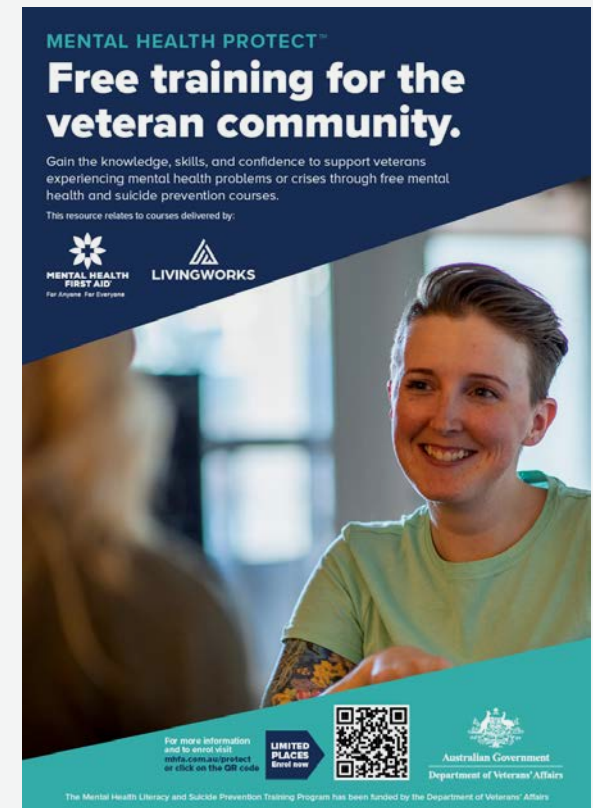
Choose from posters best suited to your members.



Click the icon to download



Click the icon to download



Click the icon to download



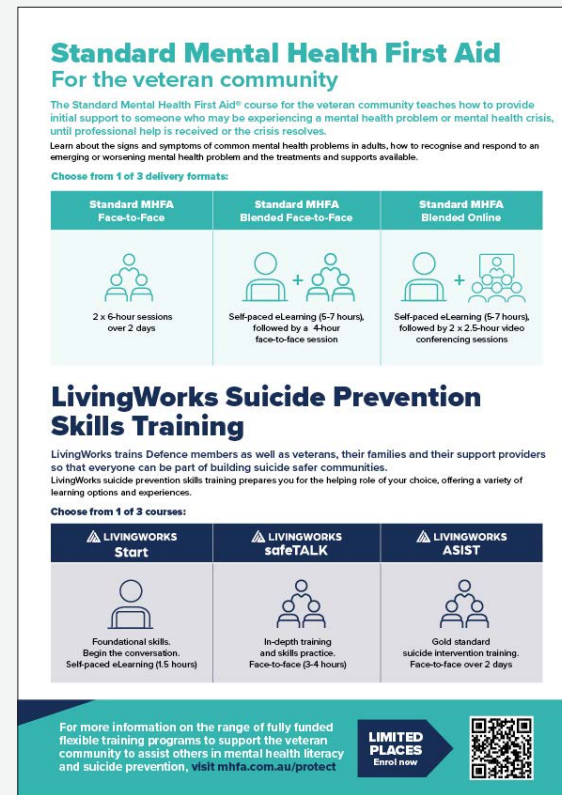
FLYERS

The Mental Health Literacy and Suicide Prevention Training Program has been funded by the Department of Veterans' Affairs



Program Flyers (A4)

Download the program flyer to print and display at your local centre, workplace or community setting, or email the PDF to your community.



Click the icon to download



Standard MHFA Course Flyer (A4)

Download the course flyer to print and display at your local centre, workplace or community setting, or email the PDF to your community.



MENTAL HEALTH FIRST AID AUSTRALIA

Standard Mental Health First Aid For the veteran community

The Standard Mental Health First Aid[®] course for the veteran community teaches how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

Intervene early
Recognise the warning signs of mental health problems in other adults.

Respond in a crisis
Respond across a range of crisis situations where an adult may be at risk of harm.

Improve knowledge
Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.

Offer support
Learn the skills to speak openly and accurately about mental health.

Reduce stigma
Reduce stigma and increase support for adults experiencing and living with mental health problems.

Improve confidence
Course participants report improved confidence in providing first aid to individuals.

What you'll learn
Learn how to apply mental health first aid to adults across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury
- Traumatic events

Become an MHFAider
Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most. Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.

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Australian Government
Department of Veterans' Affairs



One of the most engaging and informative learning opportunities I've ever had. Opportunities to use the skills learnt were common and relevant.

Duration & Format
The 12-hour course can be delivered in 1 of 3 ways:

Face-to-Face	Blended Face-to-Face	Blended Online
 2 x 6-hour sessions over 2 days	 Self-paced eLearning (5-7 hours), followed by a 4-hour face-to-face session	 Self-paced eLearning (5-7 hours), followed by 2 x 2.5-hour video conferencing sessions

Learning Outcomes
Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems within the veteran community
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Know the barriers to help-seeking and how to overcome these
- Apply self-care practices as a Mental Health First Aider.

Suitability
Suitable for any adult 18+ current and ex-serving Australian Defence Force personnel and their families, friends, carers, employers, colleagues and health care providers.

Anyone can have a conversation that may save a life. Everyone should know how.

This course is recognized by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program.

Take the next step Visit mhfa.com.au/protect to learn more and enrol or contact us at protect@mhfa.com.au

LIMITED PLACES Enrol now



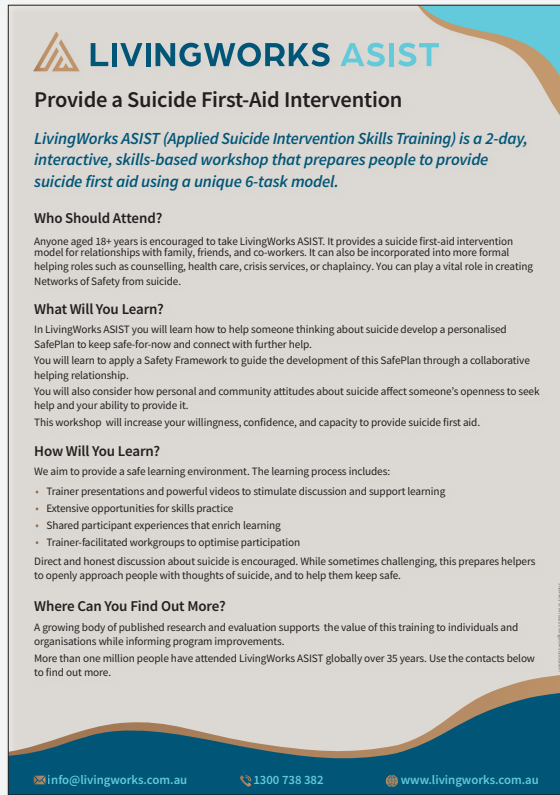
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LivingWorks Course Flyers (A4)

Download the course flyers to print and display at your local centre, workplace or community setting, or email the PDF's to your community.



LIVINGWORKS ASIST

Provide a Suicide First-Aid Intervention

LivingWorks ASIST (Applied Suicide Intervention Skills Training) is a 2-day, interactive, skills-based workshop that prepares people to provide suicide first aid using a unique 6-task model.

Who Should Attend?
Anyone aged 18+ years is encouraged to take LivingWorks ASIST. It provides a suicide first-aid intervention model for relationships with family, friends, and co-workers. It can also be incorporated into more formal helping roles such as counselling, health care, crisis services, or chaplaincy. You can play a vital role in creating Networks of Safety from suicide.

What Will You Learn?
In LivingWorks ASIST you will learn how to help someone thinking about suicide develop a personalised SafePlan to keep safe-for-now and connect with further help. You will learn to apply a Safety Framework to guide the development of this SafePlan through a collaborative helping relationship. You will also consider how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it. This workshop will increase your willingness, confidence, and capacity to provide suicide first aid.

How Will You Learn?
We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations and powerful videos to stimulate discussion and support learning
- Extensive opportunities for skills practice
- Shared participant experiences that enrich learning
- Trainer-facilitated workgroups to optimise participation

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide, and to help them keep safe.

Where Can You Find Out More?
A growing body of published research and evaluation supports the value of this training to individuals and organisations while informing program improvements. More than one million people have attended LivingWorks ASIST globally over 35 years. Use the contacts below to find out more.

Info@livingworks.com.au 1300 738 382 www.livingworks.com.au



LIVINGWORKS safeTALK

Connect to Safety and Help

LivingWorks safeTALK is a 4-hour training that equips people to be more alert to persons thinking of suicide and better able to connect them with further help.

Who Should Attend?
Anyone aged 18+ years is encouraged to take LivingWorks safeTALK. It will prepare you to raise and respond to concerns about suicide in relationships with family, friends, and co-workers. It will equip you to build a culture of safety from suicide in your organisation or community. You can play a vital connector role in what LivingWorks has called a Networks of Safety.

What Will You Learn?
In LivingWorks safeTALK you will learn how to reach out to someone thinking about suicide and help them keep safe by promptly connecting them to further support. Your role as a connector is the main focus of this training. You will also be encouraged and empowered to talk openly with someone about suicide through a 4-step model. Overcoming personal and community attitudes to seeking and providing help is a key theme of this training.

How Will You Learn?
We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations, facilitated discussion, and skills practice
- Videos that illustrate what happens when signs of suicide are overlooked, and how you can contribute to safe outcomes when these signs are heard and addressed
- Opportunities to further explore organisational applications of the training

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide and connect them with further help.

Where Can You Find Out More?
A growing body of published research and evaluation supports the value of this training to individuals and organisations while informing program improvements. Over 800,000 people have attended this training since its inception. Use the contacts below to find out more.

Info@livingworks.com.au 1300 738 382 www.livingworks.com.au



LIVINGWORKS Start

Begin the Conversation

LivingWorks Start is a 90-minute online training that helps learners develop foundational skills to recognise when someone may be thinking of suicide and connect them to further help.

Who Should Attend?
LivingWorks Start will help you begin conversations about suicide and make connections to safety in relationships with family, friends, and co-workers. Anyone aged 18+ years with parental or caregiver guidance is encouraged to take LivingWorks Start. After completing the training you will become a vital part of a Network of Safety within your organisation or community.

What Will You Learn?
LivingWorks Start will increase your awareness of the many ways in which suicide can impact individuals in your community. A 4-step model is used to help you learn how to identify and respond to signs that someone may be thinking about suicide. You will learn to:

- Read the signs of suicide
- Begin a direct and open conversation about suicide
- Facilitate a connection to further help

Once trained in LivingWorks Start, you will play a vital role in ensuring that people who are thinking about suicide feel less alone and access the help they need to keep safe and find hope.

How Will You Learn?
LivingWorks Start is a self-paced, online program. You will explore key teachings, hear from others who have had experience with suicide, and practice your new helping skills through text messaging and video simulations. Suicide is discussed openly and honestly. Safety for learners is our priority, even online. Crisis resources are always available, and a virtual "Hope Coach" provides encouragement and opportunities for deeper learning and reflection. Interactive practice examples allow you to gain confidence with your new skills by choosing scenarios which relate what you've learned to your everyday life.

Where Can You Find Out More?
A growing body of published research and evaluation supports the value of this training to individuals and organisations while informing program improvements. Over 145,000 people have completed this training to date. To find out more about the training, evaluations, or research, use the contacts below.

Info@livingworks.com.au 1300 738 382 www.livingworks.com.au

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Statement of Support

The Mental Health Protect Program recognises ex-serving and serving members of the Australian Defence Force (ADF), all of whom make unique contributions and sacrifices on behalf of the nation.

We honour the service and pride the veteran community has in serving Australia. In your transition from active duty to post-service life, we thank you for your commitment to our community. We acknowledge the resilience and strength of those who live with and overcome mental health problems post-service.

We also pay our respects to the families, friends, carers, and professionals who support the veteran community. The wider veteran community is a crucial network that needs adequate acknowledgment and support.

We pay our respect to every ex-serving or serving member of the ADF community, who has died by suicide – each life lived and each life left behind is of significance and leaves a lasting legacy. The grief, pain and challenges, along with the resilience, strength and love, all form part of the lived experience.

We thank those who provided a veteran's voice to this program and have played a crucial role in shaping the development of resources, including Department of Veterans' Affairs and Open Arms staff, and members of our own community, including colleagues, instructors and trainers.

Thank you for your service and for sharing your stories, hope and support to help reduce stigma, increase mental health literacy, and prevent suicide in the veteran community.

Adapted from Royal Commission into Defence and Veteran Suicide: Interim Report, Commonwealth of Australia, 2022.

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mhfa.com.au/protect

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