

Life in Mind Summary

January–June 2026

Life in Mind is a trusted online source of suicide prevention information, tools and resources. This program brings together the latest suicide prevention updates and practical guidance in one place, so people can easily find reliable, relevant and up-to-date information.

Sector collaboration

- Worked with data custodians, government agencies, people with lived and living experience, researchers and mental health and suicide prevention organisations to share data, research, policy and best-practice suicide prevention approaches.
- Shared findings from the National Suicide Prevention Conference via eNews and social media channels.

Conversations Matter

Conversations Matter are evidence informed, plain language guides that help people have safe, confident conversations about suicide.

- Three resources were updated in collaboration with Everymind's Lived Experience Advisory Group, Life in Mind Champions and Kids Helpline:
 - Talking with someone about suicidal thoughts
 - Talking with someone bereaved by suicide
 - Talking with a child about suicide.
- Easy Read versions and Quick Reference Guides were developed to increase accessibility.
- Achieved **436** pageviews and **167** downloads within **24** hours of launch.

Mobilising research into policy and practice

Mobilising research is key to making sure it has a real-world impact. When findings are communicated simply, they are accessible to everyone involved in suicide prevention efforts.

11 papers related to suicide translated and viewed over 900 times.

- Published two research summaries written by people with lived and living experience of suicide:
 - *Co-designing a questionnaire to identify self-harm and suicidal behaviours in children*, by Dr Rosiel Elwyn
 - *How important is stakeholder engagement when using modelling to understand and improve youth suicide prevention?* by Grace Sholl.
- Created four Q&A videos with researchers:
 - Dr Sandersan Onie: *Exploring how Google searches can be used to prevent suicide.*
 - Dr Monika Ferguson: *Reviewing trauma-informed approaches in suicide prevention.*
 - Professor Sarah Wayland: *Understanding the link between missing persons and suicide risk.*
 - Professor Jane Pirkis: *The relationship between the cost of living crisis and suicide.*
- Published a suite of videos and resources on integrating lived experience into suicide prevention research and practice.
- Published research in the *Health Promotion Journal of Australia*: Translational Needs: Informing tools to close the knowledge-to-practice gap in suicide prevention.



Won an award for best poster presentation at the National Suicide Prevention Conference, 'What do people working in suicide prevention need to turn knowledge into action?'

Online reach



- Generated over 28,500 social media impressions.
- Published an animation 'What is Knowledge Translation?', outlining what it involves and how it can increase research impact.

Digital portal

- Developed and updated pages on factors that contribute to suicide distress, gambling and financial distress.
- Summarised and updated content on suicide prevention strategies and frameworks, including:
 - National Mental Health and Suicide Prevention Agreement
 - National Suicide Prevention Outcomes Framework Map
- Implemented an interactive glossary with definitions of key terms, making content easier to understand.

eNews



- Delivered five eNews campaigns to more than 2,700 subscribers.
- Produced a special edition exploring how understanding the diverse experiences that shape women's wellbeing and distress is essential for effective suicide prevention.

The Charter

Life in Mind hosts the National communications charter (the Charter), which helps guide the way people and organisations communicate about mental health and wellbeing, mental health concerns and suicide.

- A total of **13** new organisations and **56** new individuals signed The Charter.
- The Charter booklet and resources were accessed more than **800** times.
- A total of **52** new learners completed online learning modules.



Feedback from program users

"My first port of call as a trusted source of information."

"Really appreciate the simple interpretation of data and statistics."

"Great resource for new team members, and to see what people in the sector and research world are doing."

