

Speaking together for mental health and suicide prevention

Sign the Charter:
tascharter.org

Tasmanian Communications Charter:

A state-based approach to mental health and suicide prevention

Signing up to the Charter

The Tasmanian Communications Charter brings together the mental health and suicide prevention sectors along with government and community leaders to promote a shared understanding and common language around mental health and suicide prevention.

By working together with a common language around mental health and suicide, we can take steps to reduce stigma and increase help-seeking behaviour within our community.

Your organisation has made the commitment to becoming a Charter signatory and as a staff member you are invited to take the online Introductory Charter training module.

The training should take between 15-30 minutes to complete. Upon completion you will receive a certificate and have access to the Tasmanian Communications Charter's quarterly newsletter to keep you up to date with best practice and evidence-based research in areas relating to mental health and suicide prevention.

Go to



tascharter.org

to complete the Introductory
Charter Training

“Compassionate engagement with people seeking mental health care or experiencing suicidal crisis is strengthened through a shared language, validation and acceptance of a person's experience, and a willingness to help. The Charter will serve all Tasmanians to increase their understanding of mental health and suicide prevention and reduce stigma, which will build a belief in people who need support that they can reach for help, and receive it”.

Dr Aaron Groves, Chief
Psychiatrist Tasmania