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

Quiz Questions

Q1. Which of the following are principles of the Charter?

Select one:

a. Belief in communication that is person-centred, respectful and safe
b. Collaborating to maximise our efforts and resources
c. Acknowledging the strength and resilience of people with lived experience of suicide and people with lived experience of mental illness
d. All of the above

Q 2. Mental health and wellbeing is about [wellness/illness] and relates to feeling [resilient/vulnerable], enjoying life and being [able/unable] to connect with others.

Q 3. Social and emotional wellbeing is a [holistic/exclusive] concept of health that is tied to social, emotional, spiritual and cultural areas of life. This [includes but extends beyond/includes but ignores] conventional concepts of mental health and mental illness.

Q 4. A mental illness is a [clinically/self] diagnosed disorder that significantly interferes with a person's [cognitive, emotional or social/physical] abilities.

Q 5. Suicide prevention aims to decrease the number of people who die by suicide or attempt suicide each year, focusing on reducing [risk factors/conversations] for suicide and enhancing [protective factors/life stressors] that prevent suicide and suicidal behaviour.

notes:

For next steps go to

tascharter.org/get-involved

Mental Health Council of Tasmania

SUPPORTED BY Tasmanian Government