

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

Staff Training Session

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 prevention, 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 will be offered training in the Charter's principles and key messages.

After the training is completed, you will receive a certificate from the Mental Health Council Tasmania. Additionally, you will receive up to date information on best practice in the areas of mental health and suicide prevention via the Tasmanian Communications Charter quarterly newsletter.

Go to



tascharter.org

for more information

“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