



## Strategies to increase mental fitness

# “Talk to Me” – Improving mental health and suicide prevention for young adults

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**Study Aim:** University students have been found to experience alarmingly high rates of mental health issues, including suicidal thoughts and behaviours. Targeted, effective interventions are needed. This study aims to evaluate the effectiveness of the “Talk to Me” program. We are recruiting students to assess whether it can successfully teach mental health skills or improve students’ mental health.

### What is the program?

The “Talk to Me” program is an online suicide prevention intervention created to address the growing mental health needs of university students. The program contains 6 modules that cover positive mental health strategies, suicide and self-harm awareness, crisis communication skills, and current interventions. Key skills include suicide crisis planning and response strategies, as well as ways to improve your own or others’ mental health.

### Eligibility

Students may not be eligible to participate if they are found at high-risk of suicidal thoughts/behaviour based on mental health screening. This is due to the potentially distressing nature of the topics covered in the program (e.g. suicide, self-harm). Ineligible students will be provided with alternative resources.

### What am I being asked to do?

- 1) Complete an online survey of questionnaires (~30-45mins **x 3**) and a video assessment with multichoice questions (~30mins **x 3**) on mental health knowledge and your own mental health. No prior learning is required. You will be sent these at the **~start** and **end** of the MOOC.
- 2) You will complete the “Talk to Me” program over 6 weeks between January and May 2021. Each module is ~1-2hrs long.

All online survey links, instructions on how to access the program, and information on eligibility will be sent **via your student email**. Please ensure you check this regularly for updates.

### Benefits of participation

- 1) Help us develop suicide prevention training that would be beneficial to Australian undergraduates
- 2) Improve and build new mental health skills
- 3) *If you complete the study*, receive a certificate of completion that may be used as evidence of continuing professional development
- 4) *If you complete the study*, be entered in a prize draw: 1st prize = \$50 gift voucher, 2nd prize = \$20 gift voucher and 10 students will receive a \$5 coffee voucher

This project has been approved by Curtin University Human Research Ethics Committee (HRE2019-0791) and Curtin Survey Approvals (210217 Req No 2021\_18).

**Want to get involved? Start here:** [https://curtin.au1.qualtrics.com/jfe/form/SV\\_0pRs7czHJhYNYCa](https://curtin.au1.qualtrics.com/jfe/form/SV_0pRs7czHJhYNYCa)

**\*\*Survey deadline: 7<sup>th</sup> March 2021\*\***