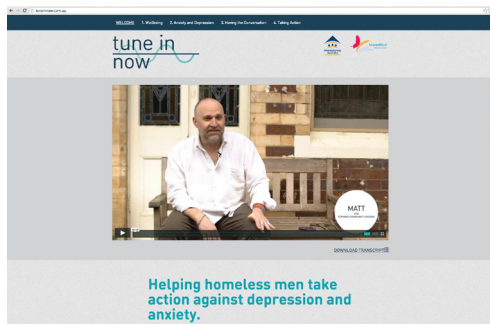
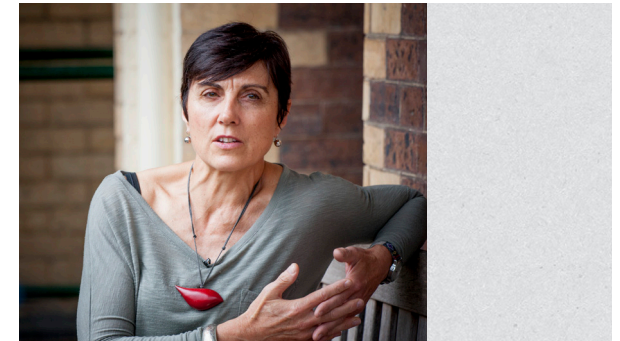


## Are you ready to TUNE IN NOW?

Tune In Now is a free, online toolkit for homelessness workers to help them “have the conversation” with men about depression and/or anxiety and to help empower men to take action.



## Project background

Homelessness Australia, in partnership with *beyondblue*, has created an online toolkit to help homelessness/support workers have the conversation with men about depression and/or anxiety and to help empower men to take action.

Tune In Now is underpinned by *beyondblue*'s Beyond Barriers strategy which addresses the high incidence of male suicide. Tune In Now is funded by the federal government's Taking Action to Tackle Suicide initiative.





## Who should use the toolkit?

The Tune In Now toolkit has been designed for homelessness workers who are working with men who are experiencing homelessness, and who may also be experiencing depression or anxiety.

The toolkit may also be useful for frontline housing workers who are engaged with tenants and volunteers who work in community organizations and may come into contact with men who are experiencing or at-risk of experiencing homelessness and anxiety and/or depression.



## Why focus on men?

Suicide is the leading cause of death for males under the age of 44 in Australia!

On average, every day in Australia, five men die by suicide. One in eight men is likely to experience depression, and one in five men is likely to experience anxiety – significantly higher than the general population!

To address this critical issue, the federal government, through its Taking Action to Tackle Suicide initiative, funded *beyondblue* to develop a comprehensive strategy targeting a range of at-risk male population groups.

Underpinning the strategy is the finding that untreated depression and anxiety are significant contributing factors to male suicide. Consequently, men experiencing or at-risk of experiencing homelessness are considered a high-risk cohort.

## Why should I use the Tune In Now toolkit?

Helping men with depression and anxiety can be challenging. This toolkit is designed to make it easier. Using Tune In Now requires no training and is designed so that you can explore each module in sequence or go straight to the module that is of most interest.

Tune In Now will help you learn about common signs and symptoms, effective self-screening tools, conversation starters, action plans and much more.

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## If you are a Homelessness or Housing Sector Peak Body

### WHY?

Tune in Now is a freely available industry resource, which will achieve the greatest benefit when it is adopted broadly across the sector. Promoting Tune In Now provides an opportunity to engage with your members and introduce them to a new industry resource that they may not otherwise find out about.

### WHAT TO EXPECT IN THE TOOLKIT

In the toolkit you can expect to find loads of useful information including how to identify the signs and symptoms of depression and anxiety, practical tips on how to prepare for and start a conversation about depression and anxiety, videos with inspiring stories from men who have experienced homelessness plus links to other useful resources.

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## If you are a Homelessness Service Provider

### WHY?

Tune In Now is an easy-to-use, no training required, educational resource to assist team members working with men who are experiencing homelessness, and depression or anxiety.

### WHAT TO DO

- Share the resources provided in Tune In Now with your team members.
- Embed the toolkit into your staff induction process.
- Provide Homelessness Australia with feedback on how the kit is working for you so we can continue to improve the resource for the industry.



## Tell your colleagues to 'Tune In Now'.

If you're a homelessness case/support worker, we suggest you 'Tune In Now'.

<sup>i</sup>Australian Bureau of Statistics, 2010, Causes of death in Australia, Catalogue Number 3303.0, 2012.

<sup>ii</sup>Beyondblue, 2013, Beyond Barriers Strategy Overview.

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