



Empowering the Southern Grampians community to improve youth mental health

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<http://www.live4life.org.au/communities/southern-grampians/>

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## 2022, a year of success

Throughout 2022, Live4Life Southern Grampians achieved so much for our community!

Over 490 students and adults were trained in Mental Health First Aid in the region, providing critical skills and knowledge which will be used in vitally important ways within the Community.

Live4Life Southern Grampians supported a Crew of 17 young people from the region to help share positive mental health messages and develop leadership skills. This involved attending a 2 day camp with other Crew members from across the state. The Crew also led their first ever Celebration event with over 260 Year 8 students in attendance.

Take a look at some amazing statistics highlighting our success across Southern Grampians in 2022!



The number of adults who completed the Youth MHFA training who said that they would recommend the training to others

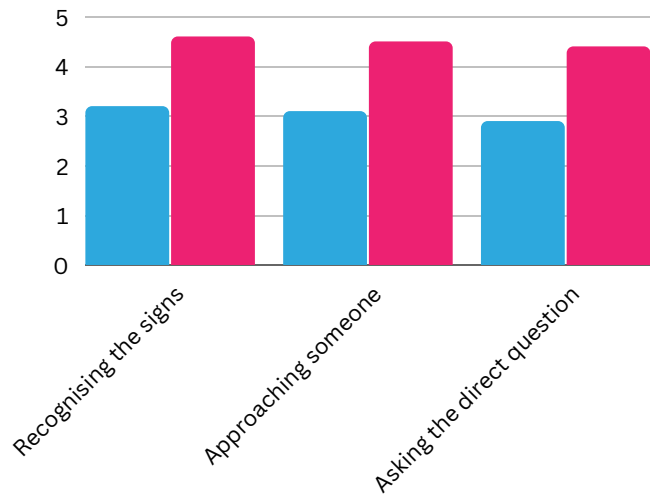


10 out of 10 was most common response from both Year 8 and Year 10 students to the question - How important are these skills to learn? 10 being Very Important

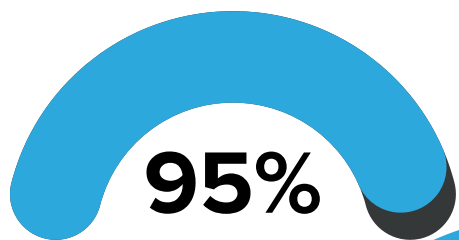
## Overview

Live4Life Southern Grampians is a community grown, evidence based rural youth mental health suicide prevention initiative.

Live4Life builds young people's capacity to recognise and seek help, and offer help, for mental health concerns and builds the capacity of the whole community to look after and support their young people.



The graph illustrates the growth in confidence of adult participants in the Youth MHFA training related to supporting someone with a mental health problem or crisis.



The percentage of Year 10 students who reported some or a lot more knowledge in Identifying the signs and symptoms of a Mental Health problem, or crisis

2023 so far...

# Live4Life Crew

The 2023 Live4Life Crew is made up of 24 Year 9 and 10 students from participating Secondary Schools across Southern Grampians including: Baimbridge Secondary College, Monivae College, The Hamilton and Alexandra College and Good Shepherd College.

The crew volunteer their time as mental health ambassadors, sharing positive mental health messages and challenging the stigmas associated with mental ill health, help seeking and help offering.

## Crew Induction

The Southern Grampians Live4Life Crew were inducted on 3 April, taking the first steps to becoming mental health ambassadors in their schools and local community.

## Crew Launch

Over 250 year 8 Students attended the Live4Life launch on 23 May 2023. The crew led event was jam packed with activities, music and fun.

The launch provided the opportunity to introduce the Teen Mental Health First Aid program and to launch the 2023 Crew theme:



On stage with the Live4Life Southern Grampians Crew, Crew Launch Day 2023

Chloe Wilson, Youth Engagement Officer, WDHS Crew Launch Day 2023



L-R Lilly & Maddie Live4Life Southern Grampians Crew members, Crew Induction Day 2023



Live4Life Southern Grampians Crew, Crew Induction Day 2023

The crew induction day and Launch were supported through funding by the Australian Drug Foundation and the support of the Southern Grampians Live4Life School and Community Partnership Group.



# Southern Grampians YOUTH MENTAL HEALTH FIRST AID



This course teaches adults to learn how to identify the signs and symptoms of a developing mental health problem in a young person, how to have a conversation with them when they are in distress or crisis, and how to support them in receiving professional help. You must be 18 to attend this course.

This training is facilitated by locally trained Youth Mental Health First Aid Instructors.

For more information on when the next community Youth Mental Health First Aid Course is in Southern Grampians email: Kerri Pleydell-Sander - kpleydell-sander@wdhs.net



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