

# Live4Life is a community grown, evidence-based, rural youth mental health and suicide prevention initiative.

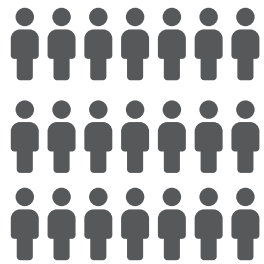


A two-year (2018 / 2019) independent evaluation of Live4Life in the Rural City of Benalla and Glenelg Shire found that:

## Live4Life's reach

**1546**

young people received mental health first aid training



**137**

young people received mental health leadership mentoring



**302**

adults received mental health first aid training

## Live4Life's key messages are being adopted



**90%**

or more young people are having conversations about mental health with someone else



**People**

are kinder to one another



**Live4Life Communities**

are more networked and resilient

## Live4Life is encouraging positive help seeking behaviour



**1 in 4**

senior students had sought support for their mental health



**3 in 10**

senior students had sought support on behalf of a friend

## The importance of Live4Life



**82%**

of adults far more confident to support a young person with a mental health need (82% feel confident after the training, up from 32%)



**65%**

young people found Live4Life useful that year



**75%**

young people expect it to be useful in future

# What we heard

“We know of a few incidents where kids have intervened or saved someone. They followed the action plan perfectly.”

MHFA trainer

“Well they do notify an adult. Which is huge.”

School counsellor

“Yeah there’d be less kids at school if we didn’t have Live4Life.”

Year 9 students

“People have been a lot nicer to each other ever since.”

Year 8 student

“It’s making a huge difference. And we still have so much room to grow.”

Glenelg Shire Council

“It’s saved a life already.”

Parent

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## Live4Life – The model that makes a difference

Our vision is that all rural communities have the capacity to support, improve and invest in their young people’s mental health and wellbeing.

### Validation of Live4Life:

Awards



2018: Winner VicHealth Award for Improving Mental Wellbeing  
2018: Winner YACVic Rural Youth Award for Most Innovative Youth Project or Program in Rural or Regional Victoria  
2017: Macedon Ranges Live4Life National LiFE Award in Community Development (Organisation) Award at the National Suicide Prevention Conference

Independent evaluations



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## For further details please contact:

Bernard Galbally  
Chief Executive Officer  
Mobile: 0413 167 843  
ceo@live4life.org.au  
[live4life.org.au](http://live4life.org.au)

