



EMPOWERING THE SOUTHERN GRAMPAINS COMMUNITY TO IMPROVE YOUTH MENTAL HEALTH

[www.live4life.org.au](http://www.live4life.org.au)



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

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## 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.

This is the 1st edition of the Southern Grampians Live4Life update highlighting news, events, training and support for young people and community across Southern Grampians Shire.

### Exciting news!

Live4Life Southern Grampians has gone live, check us out at <http://www.live4life.org.au/communities/southern-grampians/> Live4Life

Southern Grampians have successfully received a grant to support the Live4Life Crew. This program has been supported by Wannon Water's *Ripple Effect Grants Program*.

## Launch of Southern Grampians Live4Life **INSTAGRAM**

In June 2020 the Southern Grampians Live4Life Instagram Page was launched! One of the first posts showed the 2020 theme, this theme was developed by the crew during their induction in February. The theme was designed to help support and promote positive mental health messages and the work of the 2020 Live4Life Crew.

[www.instagram.com/live4life\\_southerngrampians](http://www.instagram.com/live4life_southerngrampians)

