



**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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# Live4Life Southern Grampians A Year In Review



## 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.

## Message from the Southern Grampians Live4Life School and Community Partnership

The Southern Grampians Live4Life School and Community Partnership would like to extend our thanks to the 2021 Live4Life Southern Grampians Live4Life Crew, supporters and the Southern Grampians Community for your continued support of Live4Life in Southern Grampians over 2021.

We wish to extend best wishes for the Festive season and are looking forward to working hard to roll out and expand on the Live4Life initiative into 2022 and further our support and improve the mental wellbeing of Southern Grampians young people.

# Evidence based Mental Health Education in Schools and Community

# School & Community Partnership Group

# The Crew Youth Leadership & Participation Program

Throughout 2021 Southern Grampians Live4Life has enacted a number of evidence based mental health education training events by supporting the delivery of Youth and Teen Mental Health First Aid (MHFA) in schools and community

- Hosted 3 Youth MHFA Courses with 24 adults who work with young people across Southern Grampians
- Completed and supported the Teen MHFA with 205 Year 8 and 92 Year 10 students from across Secondary School settings within Southern Grampians
- Southern Grampians now have 48% of staff from across Educational settings within Southern Grampians trained in Youth MHFA training

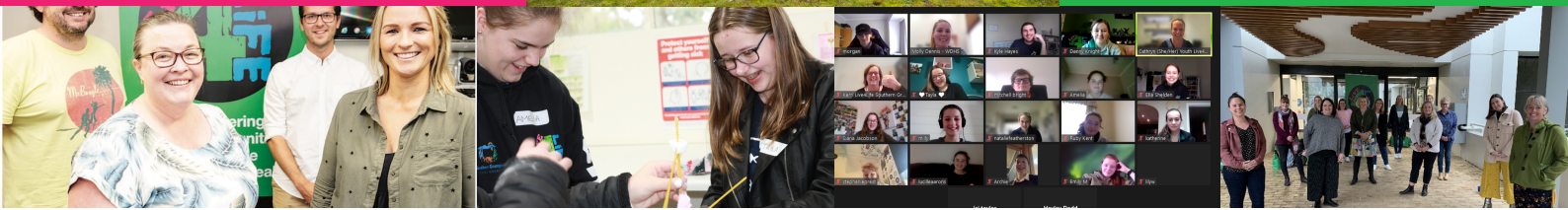
2021 has seen the Southern Grampians School and Community Partnership Group support the implementation of Live4Life and the mental health of young people in Southern Grampians.

- 7 Partnership Group Meetings
- 1 Formative Evaluation session
- 1 Review and Reflection session
- Advocated for Mental Health support for young people in Southern Grampians
- Increased Partnership membership



The 2021 Southern Grampians Live4Life Crew engaged in a number of events and activities, sharing positive mental health messages and challenging the stigmas associated with mental ill health, help seeking and help offering.

- 43 Crew members recruited from 5 Secondary Schools across Southern Grampians.
- Crew engaged in Crew Induction, Leadership and Public Speaking workshops
- 360 Mental Health Packs distributed to all Year 8 students and Crew in Southern Grampians
- Crew lead online launch events for crew, Year 8, Partnership Group and Supporters



## Mentoring & Support by Youth Live4Life

Youth Live4Life continues to support the Live4Life initiative in Southern Grampians and in 2021

- Developed and implemented an online support training program for Live4Life communities
- Continued mentoring for local Project Co-ordinator and Youth Engagement Project Officer
- Continued advocating for funding and support for networking opportunities with other Live4Life Communities

