



Welcome to a new era of Live4Life Glenelg

We are so excited about the response and uptake of the Live4Life Glenelg (L4LG) model by both the young people in Glenelg, and people like yourself from across the Glenelg Shire, that we just cannot keep it a secret anymore!

You are receiving this email as you have been identified as part of our L4LG community, through either undertaking Youth Mental Health First Aid training with us, or you are a current community partner.

L4LG have been working hard over the last 5 years to build the success of the initiative and improve youth mental health across the region – which we have achieved, thanks to people like you!

In February this year Mental Health First Aid, recognised Glenelg Shire as a 'Champion Community' for its commitment to improving the mental health of young people and the adults who support them.

We are now focusing on building more momentum with our key supporters, by continuing to supply our accredited Youth and Teen Mental Health First Aid courses, launching workplace training opportunities and developing corporate sponsorship packages.

To take you along for the ride, we are going electronic with quarterly L4LG updates on all things, Crew, Community Partnerships, Mental Health training opportunities and good news stories!

Live4Life is the ONLY youth mental health education and suicide prevention model designed specifically for rural and regional communities.

Why?

- Suicide is the leading cause of death of Australian young people, accounting for 40% of all deaths in this age group
- One in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age groups.
- Seventy five percent of people with mental ill health have their first episode during adolescence.

How?

- Reducing barriers that prevent young people from seeking help
- Decreasing mental health stigma
- Increasing awareness of local professional help
- Promoting early intervention
- Increasing the mental health knowledge of secondary school-aged students, teachers, parents, carers, and community members; and
- Building community resilience in addressing mental ill-health.

This is why we are so passionate about continuing to deliver accredited Teen Mental Health First Aid training in all secondary schools across Glenelg, and Youth Mental Health First Aid courses for the wider community in all the major townships across Glenelg.

L4LG are continuing to create local partnerships to further embed this life saving initiative into Glenelg communities, supporting ongoing conversations about mental health, and smashing the stigma associated, all whilst promoting young leaders in Glenelg as mental health ambassadors.

Thank you for your support so far, and we hope that you will stay on board for the journey ahead, helping to make Glenelg communities stronger, more resilient, and supportive of young people and positive mental health.

Our next update will hit your inbox in December 2022 however if you want more details on upcoming training, crew events, data, or opportunities with L4LG please head to our [webpage](#).

If you do not wish to receive quarterly electronic communications, please unsubscribe.

Live4Life Glenelg
Improving youth mental health.



Live4Life Glenelg respectfully acknowledges the Gunditjmarara, Jardwadjali, and Bunganditj people as the traditional Owners/custodians of the land that Glenelg Shire encompasses and we pay our respect to their Elders past, present and to their emerging young leaders. We acknowledge the important role that young Aboriginal and Torres Strait Islander people play in the preservation and continuation of culture and to a self-determined future.

Our mailing address is:

glenelg@live4life.org.au

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