

SOUTHERN GRAMPIANS LIVE4LIFE

Secondary schools, local government, community and health services in the Southern Grampians Shire have come together to implement the award winning youth mental health and suicide prevention model, Live4Life.

Live4Life is a community grown, evidence based, rural youth mental health model. The Live4Life model aims to ensure that young people, teachers, parents and the wider community are better informed about mental ill health and are proactive in identifying the signs and symptoms of an emerging mental health issue before a crisis occurs.

An integral part of the success of Live4Life is the Live4Life Crew. The Southern Grampians Live4Life Crew is a group of year 9 students from participating secondary schools across Southern Grampians including The Hamilton and Alexandra College.



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

In February this year, during their induction, the Southern Grampians Live4Life Crew developed their own theme which aims to support, in a fun and creative way, their involvement in the Live4Life initiative in Southern Grampians.

The Hamilton and Alexandra College crew are proud to reveal their theme and the Southern Grampians Live4Life Instagram page

https://instagram.com/live4life_southerngrampians?igshid=3eely9vd0d93

For more information about Live4Life visit: Live4Life.org.au