

Live4Life Latrobe Valley 2024



Information for Parents / Guardians / Carers

We are excited to welcome your Year 10 student to the Live4Life initiative in 2024.

Live4Life Latrobe Valley was created in response to a reported increase from schools and agencies, in depression, anxiety, cyber bullying and self-harm which has led to the need for a coordinated response to address our young people's mental health.

Latrobe Valley's seven secondary schools and community partners agreed to utilise an evidenced based approach to mental health that focuses on prevention and education. Lowanna College, Kurnai College, Traralgon College, St Paul's Anglican Grammar School, Lavalla Catholic College, Latrobe Valley Flexible Learning Option, and Berry Street School have joined together in partnership with Headspace Morwell, Department of Education, Gippsland Centre Against Sexual Assault, Gippsland Youth Spaces Inc, Ladder, Latrobe Health Assembly, Latrobe Regional Health, Ramahyuck District Aboriginal Corporation, Youth Live4Life, Baw Baw Latrobe Local Learning Employment Network, Centre for Multicultural Youth, Gippsland Primary Health Network, Lifeline Gippsland, Quantum Support Services, and YSAS Inner Gippsland to deliver Live4Life in our community.

Live4Life Latrobe Valley is made up of the following components:

1. Delivery of Teen Mental Health First Aid to Year 8 and 10 students.
2. Parents and Teachers – Youth Mental Health First Aid training.
3. Live4Life Crew - Year 9 and 10 students who volunteer to support the delivery of education sessions and run the launch, mental health promotion activities and celebration events for the year ahead.

Teen Mental Health First Aid for Year 10 students

Your Year 10 student will participate in 3 x 75-minute education sessions within their individual schools, delivered by Mental Health First Aid accredited trainers. Further information about the course can be found at <https://www.mhfa.com.au/our-courses/teen-peer-to-peer-support/teen-mental-health-first-aid/>

Please note that **photos may be taken during the delivery of this training** and used by Lowanna College, Latrobe Health Assembly and Youth Live4Life. If you do not wish your student to be photographed, please inform Carly Noy at Lowanna College prior to the training.

Youth Mental Health First Aid Training for Parents / Guardians / Carers

As part of the Live4Life initiative in Latrobe Valley, a 14-hour certificate course in Youth Mental Health First Aid is being offered to all interested parents and carers who have students at Live4Life schools.

This course is designed to improve the mental health knowledge, skills and attitudes of our community. The course was created by Mental Health First Aid Australia and is delivered by locally based trained Instructors.

The training provides information on the following:

- Depression
- Anxiety
- Eating Disorders
- Substance misuse
- Psychosis

Youth MHFA Course dates will be circulated by the school later in the year.

If you are interested in attending or would like further information, please contact Jessica Possart at the Latrobe Health Assembly on 0484 133 732 or email jessica.possart@healthassembly.org.au to register your interest.

For more information about Live4Life visit www.Live4Life.org.au or contact:

Jessica Possart

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