



# Live4Life Southern Grampians 2025

## Information for Parents, Guardians, and Carers

We are excited to welcome your **Year 10/Year 11** student to the **Live4Life** initiative in 2025!

Live4Life Southern Grampians was developed in response to increasing reports from schools and community agencies of rising rates of depression, anxiety, cyberbullying, and self-harm among young people. These concerns have highlighted the need for a united, community-led approach to supporting youth mental health.


Six local secondary schools—Baimbridge College, The Hamilton and Alexandra College, Monivae College, Hamilton Parklands School, Balmoral K-12 Community College, and South West TAFE—have partnered with a number of local organisations, including Western District Health Service (Lead Agency), Southern Grampians Shire Council, Wellways, Brophy, Beyond the Bell, YACVic Rural, and the Glenelg and Southern Grampians LLEN, to deliver the evidence-based Live4Life model.

### What is Live4Life?

Live4Life Southern Grampians consists of three key components:

1. **Teen Mental Health First Aid** for Year 8 and Year 10/11 students, delivered in schools by accredited MHFA instructors.
2. **Youth Mental Health First Aid** training for parents, carers, teachers, and other adults who support young people.
3. **Live4Life Crew** – A group of volunteer Year 9 and 10 students who help deliver education sessions, plan events, and promote mental health awareness throughout the year.

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 Please note: Photos may be taken during the training sessions and used for promotional purposes by Western District Health Service and Youth Live4Life. If you do not wish for your child to be photographed, please notify the school before the event.

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## Teen Mental Health First Aid for Year 10/Year 11 Students

Your **Year 10/Year 11** student will participate in **three 75-minute education sessions**, delivered by **Mental Health First Aid** licensed instructors. At the conclusion of the course, each student will receive a **Certificate of Completion**.

For further details on the course, please visit:

 [Teen Mental Health First Aid – MHFA Australia](#)

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## Youth Mental Health First Aid – For Parents, Guardians & Carers

As part of the Live4Life program, parents and carers of students at participating schools are invited to complete the **Youth Mental Health First Aid** course at a **reduced cost**.

This 14-hour, nationally accredited course—developed by Mental Health First Aid Australia and delivered by local licensed instructors—equips participants with vital knowledge and skills to support young people experiencing mental health challenges.

### Course topics include:

- Understanding adolescent development
- Recognising signs and symptoms of mental health problems in youth
- Knowing how and where to seek help
- Evidence-based strategies for supporting young people
- Providing first aid in crisis situations

To register or find out more about upcoming training sessions, please visit:

 [Our communities: Southern Grampians — Live4Life](#)

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We are proud to work alongside you in supporting the mental health and well-being of our young people.

