

## New Young Crew Join Wellington Shire's Live4Life Program



On Tuesday the 14<sup>th</sup> May, 38 young people were inducted into Wellington Shire's Live4Life Crew and took the first step to becoming local community leaders and Mental Health Ambassadors. Representatives from Sale Secondary College, Yarram Secondary College, Maffra Secondary College, Sale and District Specialist School, Gippsland Grammar and Catholic College Sale all took part in the *Crew Induction Day*. Live4Life is an award-winning program that is saving young lives in rural communities through mental health education and suicide prevention.

Live4Life is a health promotion charity, using the Live4Life model to support rural and regional communities and their young people. Live4Life communities deliver evidence-based mental health education in schools and the wider community, create local partnerships to lead conversations about mental health which reduce stigma and promote young leaders as Mental Health Ambassadors.

### ***School Crew members were asked why they are excited about being part of the Crew and Induction Day for Wellington;***

*"Today I was really excited to meet other students from different campuses in our area and learning about Live4Life and the whole cause behind it and the networking involved."*

*-Imogen – Gippsland Grammar*

*"Today was mint! It was very fun and it was nice and lovely to work with lots of different schools and hopefully more in the future."* - Cody - SDSS

*"I have enjoyed being around people who are interested in mental health and helping young people."*

*- Monique – Maffra Secondary College*

*"I enjoyed seeing everyone here, and hearing everyone's ideas."*

*- Sam – Catholic College Sale*

*"Seeing new people and making new friends. Feeling more comfortable in front of everyone."*

*- Grace – Yarram Secondary College*

In Australia, 63% of young people attempting to access mental health services are unable to access a service. Access to services is harder in rural and regional areas and there can be more stigma around seeking help. Young people in rural and regional areas can feel more isolated. Live4Life is the only mental health education and youth suicide prevention model designed specifically for rural and regional communities.

The Live4Life Crew play a critical role in the program. Young people from years 9 and 10 are given the chance to become local leaders and advocate for mental health support and education. The Crew help to organise Live4Life events and amplify key mental health messages in their local school and community.



From left: Julie Mackay – Mental Health Promotion Officer, LRH  
 Shari Balog – Youth Project Officer, Live4Life  
 Madeleine Glenane – Social Connection & Inclusion Officer Youth Partnerships - Wellington Shire Council



School Crews brainstorming ideas for the theme for this year's launch of Live4Life.

The Crew Induction was held at Nakunbalook Environmental and Cultural Education Centre and involved Teen Mental health First Aid Education, team bonding and creating a mental health theme for the year which will help shape the mental wellbeing activities the crew will run throughout the year in their schools.

**Feedback from School Partnerships on the day:**

“It has been wonderful to see all the schools come together with a common theme to help our young people with their mental health. As a mental health first aid facilitator, it was amazing to see the depth of knowledge our crew have. I am looking forward to working with these invested young people volunteering their time for Live4Life.” - Julie Mackay – Mental Health Promotion Officer, LRH



“It has been really exciting to see all the collaboration of the students from our Wellington Secondary Schools. The kids have embraced the Live4Life Program and can't wait for the roll out to take place.”

- *Jaquie May – Catholic College Sale*

“It was heartwarming to observe the transition in the young people throughout the day. As they worked collectively towards a plan to tackle mental health, the young people grew in confidence. With smiles and new friendships everywhere.”

- *Jess Mitchell- Yarram Secondary School*

“The crew at SDSS are excited to have the opportunity to work alongside all high schools within the Wellington Shire Community. It was terrific to see all students coming together to promote this fantastic mental health initiative.”

- *Jodie Adams – Sale & District Specialist School*

“Sale College had an overwhelmingly positive response with so many students wanting to be involved. The opportunity to collaborate with other schools has been great. Seeing students mingle and share ideas has opened so many connections and conversations. We are excited to see what is ahead!”

- *Toby Leeds – Sale Secondary College*

“The Crew at Maffra Secondary College, have been enthusiastic about becoming crew. It was fantastic to see crew from other schools interacting and collaborating, to improve mental health across our Wellington community.”

- *Natasha Duffell – Maffra Secondary College*

“The crew at Gippsland Grammar are genuinely passionate about young people's mental health and are eager to collaborate to with other young people from our community. It has been such a pleasure to see students from all schools come together and advocate for improved mental health and wellbeing.”

-*Rohan Jayatilake – Gippsland Grammar*

Youth Live4Life will be partnering with local organisations to deliver this life-changing program in Wellington Shire. Live4Life in Wellington is generously supported by *The John Leslie Foundation*.

**For more information, follow the link: <https://www.live4life.org.au/our-communities/wellington>**