

# ***LifeForce***

**Working in communities, for communities,  
with communities**

**Educating • Empowering • Resourcing**



***Presented by  
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Community Educator***

# ***Who is LifeForce?***

**LifeForce is a NSW based, but nationally delivered suicide prevention program delivering community education and gatekeeper training.**

**LifeForce aims to educate, empower and resource communities in a sustainable and ethical way.**

**The program was established in 1995 by the Rev Bob Dunlop as a response to the growing number of suicides in Australia and was initially known as 'Hearing the Cry'.**



# *Statistics on Suicide in Australia*

The 2004 Australian Bureau of Statistics 'Suicide: Recent Trends, Australia' publication shows:

*Every day approximately **7** people complete suicide  
and **210** attempt suicide*

*In the five year period leading up to 2004 more people died  
from suicide than from motor vehicle and road related deaths*

*In **2004** there were **2,098** completed suicides in Australia*



# ***Why are We Here?***

## **The People Behind the Statistics**

***For every suicide, the lives of at least fifteen people are permanently changed***

***Seven deaths a day is more than a statistic***

***It is someone's brother, sister, father, mother or friend***

***Suicide is everyone's business***



# ***Our Major Target Groups***

- **People in rural & remote areas**
- **Men in the workplace between 25-45 years of age**
- **Young people no longer in school with literacy & social support issues**

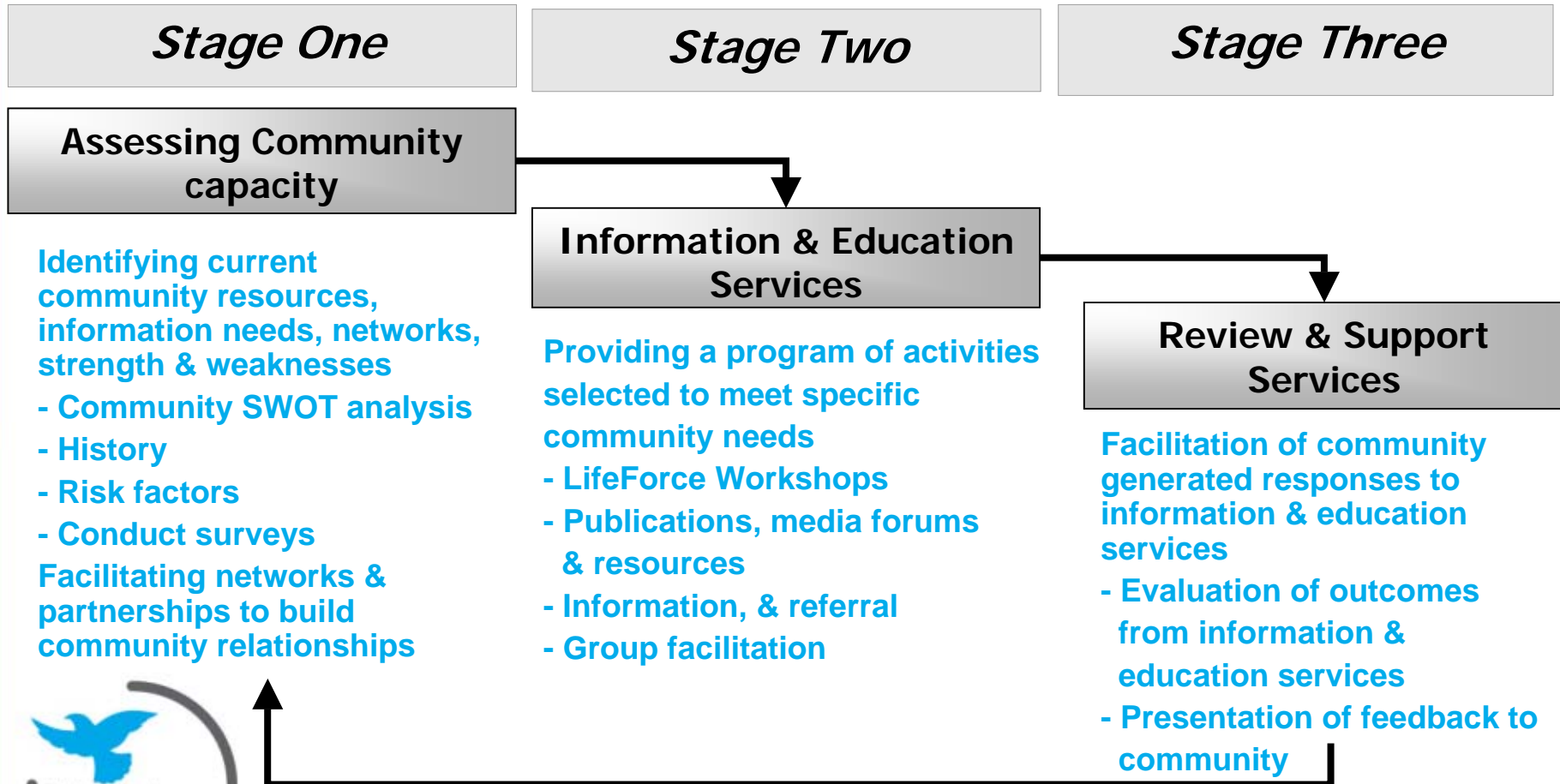
LifeForce Advisory Committee



# LIFEFORCE SUICIDE PREVENTION PROGRAM

## A Framework For Action

*Working in partnership with communities through education and empowerment to develop community resilience supports the broad goals of the LIFE Framework.*



## *Educate*

**LifeForce provides knowledge with practical strategies**

Participants can gain skills and knowledge to assist them:

- Understand the suicidal mind
- Help identify those at risk
- Approach a person who is having thoughts of suicide
- Develop active listening skills
- Learn to use intervention strategies in their community



## *Empower*

**LifeForce aims to enhance confidence in handling crisis situations**

Participants of our Program will learn the S.A.L.T. Strategy (See-Ask-Listen-Take) which is useful in detecting warning signs, listening strategies and taking appropriate action:

**See** the warning signs

**Ask** the person about suicidal intentions

**Listen** to the person with thoughts of suicide without judgement

**Take** that person with thoughts of suicide to professional help

## *Resource*

**Aim of our Workshops and Seminars and Community Information Cards**

Participants learn:

How to identify resources in their local community

LifeForce initiated the production of 'Community Information Cards' for each community visited. The card consists of 24-hour crisis numbers, local support service and community service providers

# ***LifeForce Achievements***

In **2006** LifeForce trained

**1085** people

By facilitating

**34** workshops and **16** seminars

in **28** communities



***The framework for LifeForce's evaluation is based upon an action research model***

This model is well suited as it continuously alternates between good practice guidelines, and good evaluative data

***Evidence based feedback tells us..***

**98%** Participants say their knowledge of suicide increased after attending a LifeForce workshop

**97%** Participants reported an increase in confidence

**98%** Participants said they would recommend LifeForce workshops

Feedback provided from participants attending workshops between  
(February – July 2006)



## In asking a multi-choice question,

*'To promote wellbeing & mental wellness in your community what additional resources do you think are required?'*

62% More health professionals.

56% More resources.

61% Easier access to services.

63% More funding.

53% Increased networking between health professionals.

52% More LifeForce workshops.



Feedback provided from participants attending workshops between

(February – July 2006)

***Together we can make a difference..***

***'Because anyone can help and  
everyone needs to know this stuff'  
(Workshop Participant 2006)***



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