

Suicide is the **leading cause** of death for Australians aged 15-44

There has been a **20% increase** in the number of suicides over the last decade

75% of suicides are by males

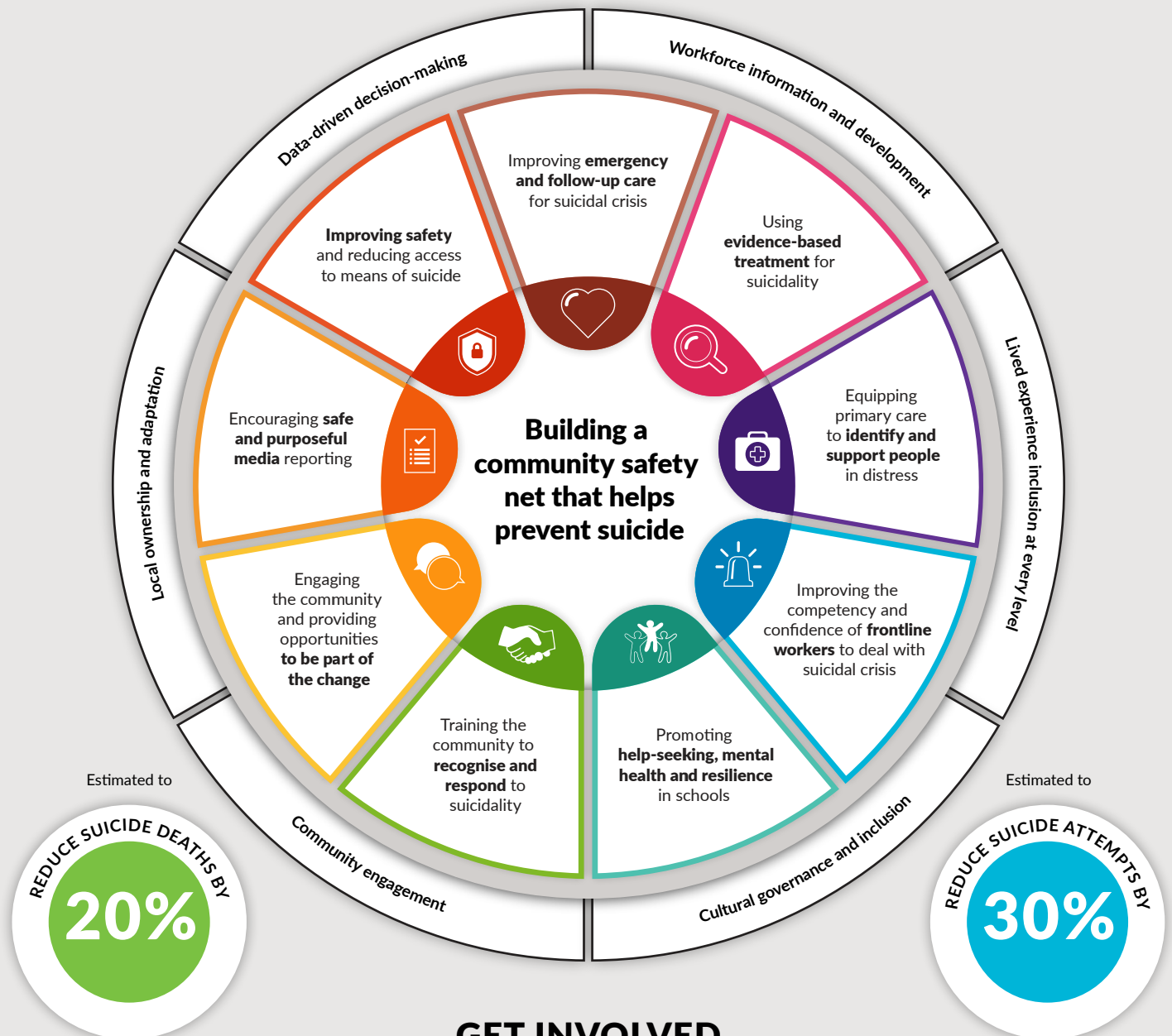
Suicide rates of Indigenous Australians is **at least twice** that of non-Indigenous Australians

The trial of a new approach has the potential to turn some of this around.

WHAT IS LIFESPAN?

LifeSpan is a new, evidence-based, integrated approach to suicide prevention.

It combines nine strategies that have strong evidence for suicide prevention into one community-led approach. LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs, and building the capacity of the community to better support people facing a suicide crisis.



GET INVOLVED

- Undertake suicide prevention training
- Familiarise yourself with the services and support available in the community
- Look after yourself and support others when they need help

To find out how you can support this initiative and help make a difference, please visit www.lifespan.org.au

