

Suicide Prevention and training for better living

LifeConnect provides compassionate support to those who have been impacted by suicide and training to build capacity and understanding for all to play their part in preventing it.

We aim to connect people to a sense of purpose and meaning; and collaborate with communities in strengthening our shared response to suicide.

Our prevention activities include wellbeing workshops as well as community and workforce training aimed at building capacity to recognise and respond to risk of suicide.

About Neami National

Neami National is a community mental health service supporting people to improve their health and wellbeing and pursue a life based on their own strengths, values and goals.

www.neaminational.org.au



Contact

For enquiries about LifeConnect or to make a referral, please contact:

P: 1300 052 590 (M-F, 9 am to 5:30 pm)

F: 03 9735 0263

E: lifeconnect@neaminational.org.au

W: www.neaminational.org.au/LifeConnect

If you or someone you know requires immediate help, please call:

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Helpline: 1800 55 1800

MensLine Aus (24/7): 1300 789 978

For information on other mental health services available in the Eastern Melbourne PHN region, please contact:

EMPHN Referral and Access Team: 03 9800 1071

LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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Community-focused suicide prevention services

Everyone can play a role in suicide prevention. Our prevention services help build safer communities by giving people the skills to identify and respond to risk of suicide.

The Mindfulness Series

Our evidence-informed workshops deliver strategies for community wellbeing and resilience, including how to respond to stress, change and challenge.


LifeConnect Workshops

We deliver evidence based workshops focusing on key elements of wellbeing including managing stress, understanding control, mindfulness and gratitude.

These workshops support you in finding your own resilience and strength.

Community & workforce capacity building

Our team facilitates training to support workplaces and community groups to recognise and respond to risk of suicide.



Our training also enhances people's confidence to have conversations about mental health and suicide, and build an awareness of where to find help and how to link people to support.

Accessing support

Eligibility and referrals

People who reside, work and study in the Eastern Melbourne Primary Health Network (EMPHN) catchment can access LifeConnect services.

The EMPHN catchment includes the cities of: Banyule, Boroondara, Knox, Manningham, Maroondah, Mitchell, Monash, Murrindindi, Nillumbik, Whitehorse, Whittlesea and Yarra Ranges.

How much do these services cost?

Services are **free of charge** to all community members, workplaces and organisations.

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