

8/05/19

Tasmanian LiFE Award Winners

Relationships Australia Tasmania today announced the winners of the 2019 LiFE Awards, recognising contribution to suicide prevention in Tasmania.

Relationships Australia Tasmania's Acting-CEO Dr Michael Kelly said "there has been a record number of 15 nominations".

"The Tasmanian LiFE Awards recognises Tasmanians who are doing life-affirming work in suicide prevention, intervention and post-vention," Dr Kelly said.

"Tasmanian communities play a vital role in helping to prevent suicide and it is important that we acknowledge this."

Dr Kelly said the overall standard of the nominations and winners was outstanding.

"We have seen a State-wide spread from the Channel to the North-West Coast.

"We have co-winners of the Outstanding Contribution LiFE Award in Mark Davis and Len Blair.

"The Channel Men's Shed has won the Communities in Action for Suicide Prevention award and Ambulance Tasmania won the Best Practice in Suicide Prevention in a Workplace.

"The Hutchins School has won the Outstanding Contribution to Suicide Prevention by a Young Person/s award."

LiFE Awards Winners 2019

Outstanding Contribution LiFE Award

Winner – Mark Davis

Mark contributes to various co-design and policy matters concerning both mental health and suicide on an on-going basis and is an active member of both the Tasmanian Suicide Prevention Community Network and Flourish.

Mark aims for around 20 hrs per week as a volunteer on-line peer support worker with Beyond Blue and is a member of the Beyond Blue Speaker's Bureau.

Winner – Len Blair

Len has been involved with the Ulverstone Neighbourhood House and the Ulverstone Community Shed for 6 years where he has helped to strengthen the community and provided support for those in challenging situations or at risk of social isolation.

Len has promoted positive mental health messages at various community events and expos including the Ulverstone Beyond Blue Gala Dinner.

Through his many actions, Len has become a recognisable community champion for mental health and social inclusion.

Communities in Action for Suicide Prevention LIFE Award (Sponsored by Lifeline Tasmania)

Winner – Channel Men's Shed Inc

Over the past six years, the organisation has provided a place for both men and women to come together and form friendships and support each other and their community.

The Shed has provided many retired people, with purpose and companionship and supports those who are unemployed, helping them to gain confidence and seek supports.

The Shed has taken a pro-active approach to supporting health and mental health and in collaboration with local service providers has hosted annual health check days for the past 3 years.

Best Practice in Suicide Prevention in a Workplace LIFE Award (Sponsored by Tas Networks)

Winner – Ambulance Tasmania

Ambulance Tasmania has embarked on a significant cultural change program which is directly aimed supporting the mental health and wellbeing of their staff and volunteers.

Key initiatives have included peer-support program and organisational upskilling via the connecting with people approach.

The impact of this approach has directly influenced a change in the attitudes, beliefs and conversations within Ambulance Tasmania about mental health and wellbeing.

Outstanding Contribution to Suicide Prevention by a Young Person/s LIFE Award (Sponsored by SPEAK UP! Stay ChatTY)

Winner - The Hutchins School

In 2019, 80 senior school students aim be trained in Youth Mental Health First Aid. This student-led initiative fills an important need for young people to feel adequately prepared to support their friends dealing with mental health issues.

Students have the courage to engage in genuine conversations with friends about how they are travelling, particularly when they notice a change in their demeanour. Work over the last few years has contributed to a normalising of these conversations.

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About Relationships Australia Tasmania

At Relationships Australia Tasmania we provide families, couples, individuals, older people, children and communities with the tools and strategies, so that they have healthy, positive lives.

We help more than thousands of Tasmanians every year to transform and change their lives through counselling, mediation, dispute resolution, support and training.

Our focus is on:

- healthy relationships, discrimination, harassment, conflict resolution, parenting, cultural issues and mental health
- We offer people the services and support they need, when they need it to assist them when life presents challenges.
- Services are available to all people regardless of cultural background, family structure, economic situation, religious beliefs, gender or sexual orientation.

More information about the services and support we offer can be found on our website

www.tas.relationships.com.au