

To Changeling Aspects,

LIFE Communications is an initiative of the Commonwealth Government Department of Health and Ageing's National Suicide Prevention Strategy (NSPS). We provide information, resources and online networking for people working to prevent suicide in Australia.

Changeling Aspects has been recognised as an important contributor to the mental health and wellbeing of people who might identify as sex, gender and sexuality diverse in Queensland.

Please find enclosed a printed copy of LIFE resources which are the centrepiece of the NSPS and are designed for anyone who may be working with those at risk of suicide.

The LIFE resources kit includes:

- the **LIFE Framework**: the national reference to shape and guide suicide prevention activities in Australia;
- **LIFE Research and Evidence**: a review of statistics, trends, comparisons and issues in suicide and self-harm prevention; and
- **LIFE Fact Sheets**: a set of 24 practical fact sheets that provide plain-language summaries and advice about suicide prevention.

In addition, please visit our website www.livingisforeveryone.com.au for more on who we are – there are project profiles of NSPS funded projects, a library of online resources, editions of our newsletter LIFE News and much more.

I hope this resource is useful to your organisation. Please note the resources are free of charge so if you require further copies please contact myself on (03) 8371 2831 or visit our website.

Kind regards,



Rhona Rees