

# A Mental Health Education and Stigma Reduction Program.

OVER 100,000  
participants  
across  
Australia



#ITAIN'TWEAKTOSPEAK  
[WWW.LIVIN.ORG](http://WWW.LIVIN.ORG)

## LIVINWell PARTICIPANTS

**coles**

**Google**

 **CALTEX**

**flexigroup**

**KPMG**

**Specsavers**

Hastings Deering **CAT**



**ADFA**  
AUSTRALIAN DEFENCE FORCE ACADEMY

**chempro**  
CHEMISTS

## WHAT IS LIVINWELL FOR WORKPLACES?

# A mental health education program designed to break the stigma surrounding mental health and promote positive mental health in team environments.

LIVINWell is a 45 minute program with a specific focus on helping participants to better understand mental health in the workplace. Delivered by carefully selected and experienced facilitators, upon completion of the program your employees will be equipped with:

- ↑ Conversational strategies to drive stigma reduction
- ↑ The knowledge to identify warning signs and symptoms of mental health challenges
- ↑ Strategies to help colleagues, friends or family who may be at risk or struggling
- ↑ Effective strategies to help themselves including coping, resilience and stress management
- ↑ Information on when and where to get professional help

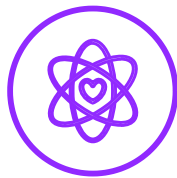


Did you know that almost **50%** of Australians will experience mental health struggles?

## HELPING TEAMS

# Better for one, Better for all.

Mental health education has been shown to have an increase in business productivity and profitability; improved staff health, morale and wellbeing; greater staff engagement and lower staff turnovers; as well as contributing to a better, more positive world. What are you waiting for?



## What they're saying



The program had a huge impact to general morale and reinforced the importance of self-care to all of our team... By extension, it also made an impact on their families, particularly those with teenagers. Really useful information to help parents go home and start a conversation with their own children."



**CALTEX** AUSTRALIA

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GET STARTED

# Book your program today.

GET THE LIVIN TEAM AT YOUR WORKPLACE

**Book Now**

PLUS: each booking secures a FREE program in  
a school, impacting up to 200 young people!  
How good is that?

OVER 100,000  
participants  
across  
Australia



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For every staff member  
you put through

**LIVINWell IN WORK**

We put 2 young adults  
through

**LIVINWell IN SCHOOL**

**HELP US HAVE MORE CONVERSATIONS**

For many children in Australia, there is no relationship with mental health. Our 45-minute conversation with each young person is life-changing and potentially life saving.

**#ITAINTWEAKTOSPEAK**

**If there is one message  
we want people to keep,  
it's #itaintweaktospeak.**

When we are kids, we are told to slip, slop, and slap when it comes to sun protection. We want that same reaction when we talk about mental health. If you're struggling with your mental health or having negative thoughts, protect yourself and reach out for help, because  
**#itaintweaktospeak**

A smiling man in a suit and tie, standing in front of a city skyline at dusk. The image is dark, with the man's face and suit details highlighted.

About

**LIVIN'**

LIVIN is a non-profit mental health organisation that was founded in 2013 in loving memory of our good friend Dwayne Lally who took his own life after suffering in silence with a mental illness.

#ITAIN'TWEAKTOSPEAK



# Vision

“Breaking the stigma of mental health; Improving people’s mental health through early intervention and prevention initiatives.”

# Mission

↑ Create a brand that makes mental health relatable and that people can build an enduring relationship with.

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↑ Promote positive mental health and wellbeing for people through early education and awareness programs.

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↑ Empower people to be open, vulnerable, and engage in conversations.

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↑ Increase help seeking behaviours.

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↑ Reduce the risk of suicide in the community.

# How you can help spread the message?

[DONATE](#)

[BUY  
APPAREL](#)

[BOOK A  
PROGRAM](#)

[HELP  
FUNDRAISE](#)



## WORKPLACE PACKAGES

# LIVINWELL IN WORK

For up to 30 staff	For each staff member after 30	For customised solutions
<b>Flat fee \$1,500</b>	<b>\$39.84 per head</b>	<b>Ask Us</b>
For every staff member you put through LIVINWell IN Work we will put two children through LIVINWell IN School	For every staff member you put through LIVINWell IN Work we will put two children through LIVINWell IN School	:))  *The minimum booking is \$1500 to have a facilitator to your workplace



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