

Building early intervention tools to help men deal with life's challenges

Suicide is the No.1 cause of death for Australians aged 15-44. Suicide kills nearly 3x the number of people than road deaths and 75% of suicides are male.

Inspired by the lived experience of its founder Anthony Hart, Lifeback is on a mission to reduce the rate of suicide by *building early intervention tools to help men deal with life's challenges* - before they escalate to serious mental health issues.

Building on the success of its award-winning **Lifeback Tracker Booklet**, Lifeback's latest project is to build the **Lifeback Tracker App** - our *ultimate* early intervention tool to help men around the world **anytime, anywhere**.

We need your help to build it!



Join our crowdfund
**HELP US BUILD
THE APP**

ANTHONY HART FOUNDER, LIFEBACK LTD

Join our crowdfund - www.pozible.com/project/lifeback-tracker-app

Lifeback Tracker tool - the Booklet

The Lifeback Tracker cleverly tracks four powerful principles that, when followed, can help men achieve a better state of mind to deal with life's challenges.

These four principles were discovered by Lifeback founder Anthony Hart when he made the decision to get his life back on track after reaching the lowest point of his life with anxiety and depression:



Remove Alcohol

Alcohol, recreational drugs and stimulants negatively impact your well-being. Avoid using them and returning to a happier state of mind is easier to achieve



Exercise

Perform continuous cardio exercise for 45 -60 minutes, ideally 4-5 days per week



Sleep

Good quality and consistent sleep on an ongoing basis



Talk

Confide in someone you trust who you can call 24/7. Visit your GP. Tell them honestly how you're feeling and what you're experiencing.

This Lifeback Tracker Booklet has simple charts to help participants discover the positive benefits of following the 4 Lifeback principles on their feelings and thoughts



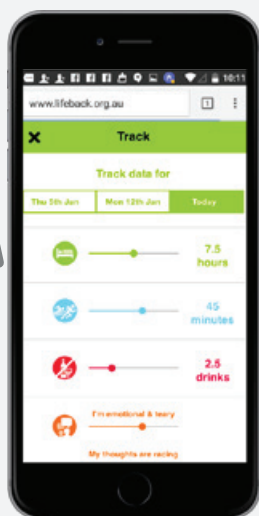
“ The Lifeback Tracker has helped me with improved mood, a feeling of accomplishment and general well-being. I would recommend the Lifeback Tracker to anyone looking to tackle their mental health challenges head on ”

WAYNE KLINGBERG AMBASSADOR



Help us raise \$100,000 to build the App

To transform our award-winning Lifeback Tracker Booklet to an App, we need to raise \$100,000 for a team of expert app developers to build the app, launch it to market, review it and release upgraded versions.



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3 benefits of building it into an App

1. INSTANT REACH

The App will have the potential to quickly reach the 2.4 million or 1 in 10 Australians who suffer from mental illness each year

2. SILENT SUFFERERS

Silent sufferers can use the App from the privacy and convenience of their own phone - anywhere, anytime

3. SHARE PROGRESS

A BUDDYsync feature will allow users to share their tracking chart with someone they trust to monitor their progress

Join our crowdfund to build the Lifeback Tracker App at
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What Lifeback has achieved so far

JUNE 2015

A talk to St Mark's Men Shed Group at Freeling, South Australia, was the catalyst behind the launch of Lifeback Ltd



JANUARY 2016

The first Lifeback Tracker tool, a 32-page booklet, is published

OCTOBER 2016

Lifeback wins the 2016 People's Choice award at Innovation Box - Open State. Awarded by UniSA Innovation and Collaboration Centre.



DECEMBER 2016

Lifeback Ltd is established. A not-for-profit company with Deductible Gift Recipient (DGR) status

2017 ONGOING

Lifeback founder, Anthony Hart has presented to many corporate, community and industry organisations



DECEMBER 2017

Estimated launch of Lifeback Tracker App

Help us raise \$100,000 to build the Lifeback Tracker App

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MESSAGE