



## Talks & Workshops

LifeBACK founder Anthony Hart presents keynote speeches and workshops to corporate, community and industry organisations:

- Mates in Construction
- Department of Education & Child Development
- SA Health, Suicide Prevention Network
- Entrepreneur's Organization (EO)
- Lead Australia
- Adelaide City Council
- Mitcham Council
- Freeling Council
- Sunday Assembly



The **LifeBACK Men's Wellbeing Initiative** was the winner of the Innovation Box - 2016 Open State 'People's Choice' Award

The **LifeBACKTracker** is a product of LifeBACK Ltd, a not-for-profit company with Deductible Gift Recipient (DGR) status.

For more information, contact LifeBACK Ltd:

W [lifeback.org.au](http://lifeback.org.au) E [info@lifeback.org.au](mailto:info@lifeback.org.au) M 0419 188 208   

LifeBACK Ltd  
 Level 4, 190 Flinders Street, Adelaide SA 5000  
 PO Box 92, Daw Park SA 5041  
 ABN 64 615 475 388 | ACN 615 475 388 | NFP (DGR Status)

# Road deaths 1205. Suicides 3027.

(Australia 2015)

Suicide is the No.1 cause of death for Australians aged 15-44, but we're too afraid to talk about it. Suicide kills nearly 3x the number of people than road deaths and 75% of suicides are male. Lifeline Australia estimates there were 65,300 suicide attempts in 2015.

To arrest these alarming statistics, Lifeback is working to improve the health and well-being of Australian men. Lifeback Tracker is an early intervention tool helping men cope with major stress.

Lifeback aims to further develop and distribute the Lifeback Tracker tool providing free access to men anywhere, anytime. The second men are confronted by a significant challenge threatening their mental health and life, Lifeback Tracker will be there to support them.

Lifeback is an innovative charitable organisation conceived by the lived experience of the founder, Anthony Hart. Ask us how you can support Lifeback's efforts to break down the taboo and beat the male suicide epidemic.

**Lifeback was born the day Anthony survived suicide ...**



“ The LifeBACK Tracker is an early intervention tool to help men manage life's challenges and live a happier, healthier life. ”

ANTHONY HART FOUNDER, LIFEBACK LTD



## Introducing LifeBACK's 4 proven principles

LifeBACK tools are designed to help participants measure, track and analyse the results of following LifeBACK's 4 principles:



### Exercise

Perform continuous cardio vascular exercise for a minimum of 45 minutes per day, five days per week



### Sleep

Investigate what you personally need to achieve good quality and consistent sleep on an ongoing basis



### Alcohol/Recreational Drugs

Remove alcohol, drugs and stimulants completely and you'll find returning to a happier state of mind is much easier to achieve



### Talk

**FRIENDconnect** – confide in someone you trust, tell them honestly how you're feeling and communicate your thoughts

**BUDDYsync** – make sure you can call them 24/7 during your worst periods of sadness

**MEDICALhelp** – visit your GP immediately. Tell them honestly how you're feeling and the thoughts you're having. Seek a referral to a Psychiatrist and Psychologist

## User-friendly LifeBACK Tracker booklet

This 32-page booklet has simple charts to help participants discover the positive benefits of following the 4 LifeBACK principles on their feelings and thoughts over a 9-week program



### Step-by-step guide

The LifeBACK Tracker booklet includes detailed information for participants on the 4 principles, how to use the Tracker, and score and analyse results



### Daily tracking charts

Participants score the results of their daily exercise, alcohol consumed, hours of sleep, and, most importantly, how they are feeling using a chart for each day of the 9-week program



### See the results

Participants can track their progress by analysing positive or negative trends on the **LifeBACK Tracker Chart**

## LifeBACK Pack

Everything you need to get started on the journey. It includes:

- Toggle Bag
- Goggles
- LifeBACK Tracker
- 1 Month Swim Pass



### LifeBACK App

We're building a Tracker App!  
Go to [lifeback.org.au](http://lifeback.org.au) to find out how you can help fast track it!

“ Our intelligent LifeBACK Tracker tool allows you to see for yourself the effects that any significant changes in any of these 4 simple principles has on your feelings and thoughts ”

ANTHONY HART FOUNDER, LIFEBACK LTD

“ 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

