



## **Rotarian's innovative charity tackles men's mental health crisis; calls for support**

Young charitable organisation, Lifeback Limited is tackling one of Australia's worst crises and the biggest killer of men aged 18-44.

In 2015, there were 1205 road deaths and 3027 deaths from suicide. Around 75% of suicide deaths were men, which equates to 6 men's lives lost per day. Lifeline Australia estimates there were 65,100 suicide attempts in 2015. These are alarming statistics affecting our families, workplaces and communities.

Who better to help than a survivor of suicide who clearly understands how a man can find himself in this tragic situation? Lifeback Limited has been registered as a not-for-profit company by Rotarian, Anthony Hart. An entrepreneur and businessman, Anthony is absolutely passionate to help blokes like himself improve their mental health and wellbeing, before they find themselves in a suicidal state.

After learning how to get his own life back on track, Anthony created an early intervention program. Known as Lifeback Tracker, the program helps men monitor and record their results against 4 principles that Anthony advocates, to improve one's health and wellbeing, including thoughts, feelings and mood.

With early encouragement from individual users, health organisations and the University of South Australia, Anthony has launched a crowdfunding campaign to translate his already successful booklet into an App.

Lifeback Limited, which has DGR status, is calling for support for its crowdfunding campaign. For more information, visit:

<https://pozible.com/project/lifeback-tracker-app>

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