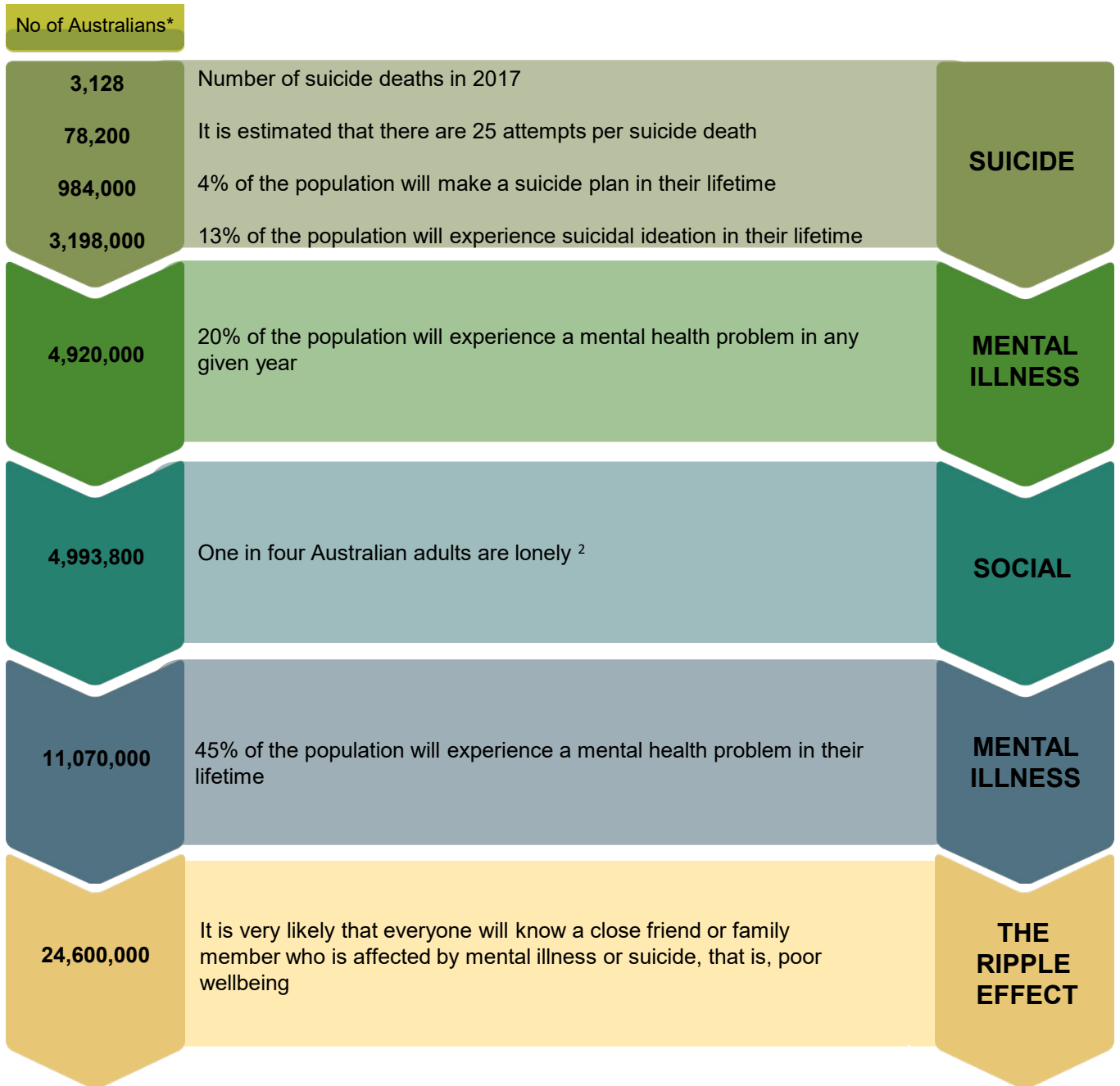


Wellbeing and suicide prevention for all

We advocate for an upstream approach to suicide prevention as
"What good does it do to treat people's illnesses, then send them back to the conditions that made them sick?" - Sir Michael Marmot

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. **Wellbeing** is strongly linked to happiness and life satisfaction. In short, **wellbeing** could be described as how you feel about yourself and your life.¹ While there are many factors that contribute to **wellbeing**, these are some that relate directly to community **wellbeing** initiatives.



WELLBEING IS EVERYONE'S RESPONSIBILITY

* Numbers calculated for 2017 from ABS, CDC & the Department of Health data
 1 Better Health Channel

2 Australian Loneliness Report – Swinburne University

