



Local support, supporting locals

Since 1968, Lifeline Northern Beaches has worked to prevent suicide and support mental health in our own backyard.

To date we have answered **over 1,000,000** crisis calls, and helped reduce the drivers of distress via thousands of counselling sessions.

This year we celebrated a milestone **55 years** of impact in our community, including **30 years** providing companionship to aged care residents.

Lifeline Northern Beaches funds all our community programs through partnerships, grants, retail, donations and fundraising efforts.



Lifeline
NORTHERN BEACHES

☎ 13 11 14

➔ lifelinenb.org.au

Our Vision

An Australia free of suicide

Our Purpose

We create connection with people in crisis and empower individuals and communities to be safe from suicide.

Everything we do is directed at this purpose.

Our National Problem

- **Over 3,200** Australians die by suicide annually - up YOY
- **Over 7 million** Australian adults are close to someone who has died or has attempted suicide.
- Suicide is the **15th** leading cause of death in our country
- **1 in 2** young people are impacted by suicide by the time they turn 25
- Suicide is the **leading cause of death** for Australian youth aged 15 -24
- Males are **3 x more likely** to die by suicide than females

Our Community Problem

- **42%*** of Domestic Violence assaults in the Northern Beaches involved alcohol
- Domestic assault incidents **up 21.8%*** (April 22-March 24 – 2-year trend)
- **40[^]** suicides p.a.
- **185[^]** self-harm hospital admissions
- High incidence of mental health related hospitalisation (**41%[^]** higher than NSW)
- High risk drinking rate for 18+ (**31%[>]** higher than NSW)

Source:

* BOSCA 2023

[^] AIHW

[>] Sydney North Health Network

Our Impact

Investing in local programs for wellbeing and suicide prevention aims to stop individuals reaching crisis point



FY 23/24

Prevention

Support

Wellbeing

Primary Prevention

Early Intervention

Intervention

Postvention

Educate Community

Reduce the Drivers of Distress

Deliver Crisis Support

Intervention and Postvention

Training

- 527 participants
- 30 Workshops

More than 640 Volunteers

- 200 Crisis Supporters
- 206 Bookies
- 185 Retail Staff
- 30 Aged Care Community Visitors
- 24 Counsellors

Community Events including:

- Lifeline Surf Challenge
- Lifeline High School Surf Challenge
- Out of the Shadows Walk
- Push Up Challenge

Counselling Services

- Over 2,000 Counselling Services 85% 1:1
- Over 160 New Clients
- 63 Support Group Sessions

Financial Counselling

- 286 Enquiries + 33% on year prior
- 129 cases completed + 45% on year prior
- 64% growth in new clients
- Engaged with all our priority groups

93%* reported an increased feeling of emotional resilience

97%* felt more positive and hopeful about the future.

30 Residents were connected to the Aged Care Visitor Scheme

Source: Lifeline Northern Beaches Impact Reporting

- 51,703 calls answered
- 14,598 Hours
- 3 Crisis Training Group Intakes
Total individual intakes 59
Total completed accreditations 31

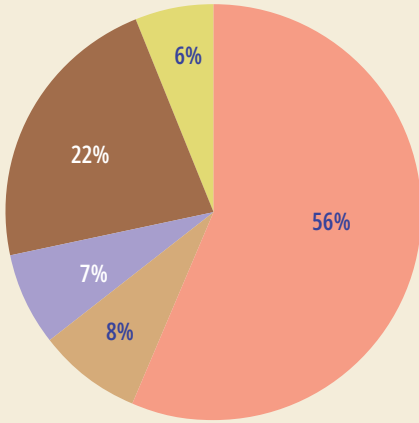
- 3,254 Safety Plans issued
- 253 Emergency Interventions
- 900 help seekers supported post the Bondi Junction tragedy



Lifeline
NORTHERN BEACHES

23/24 Financial Year

Source of revenue



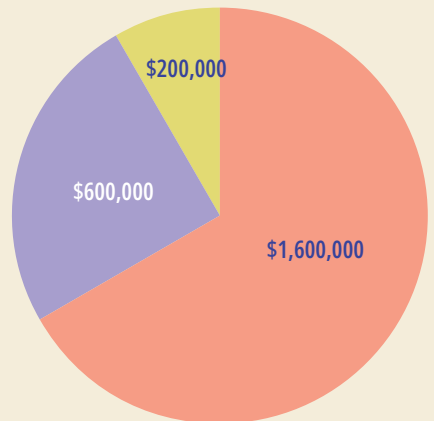
- Retail
- Books
- Fundraising & Philanthropy
- Call Centre Funding (Government)
- Other



Total Investment
in our Charitable
Purpose
\$2.4 Million

Investment in our charitable purpose

- Crisis Support Centre
- Community Programs
- Training and Education



This excludes direct investment in our
Community Awareness and Events initiatives

Thank you

Only with your ongoing support
can we continue to meet
the increasing demand for
services in our community.

**“Lifeline helped me
get back on my feet.”**
William

We acknowledge the first nations people throughout Australia and the valuable contributions they make to our culture and community. We pay our respects to their clans, their elders past, present.

We acknowledge the individual and collective contributions of those with a lived and living experience of mental ill-health and suicide, and those who love, have loved and care for them. Each person's journey is unique and strengthens our commitment to helping those in need, with mental health support, suicide prevention and compassion for all.



FIND OUT MORE

 lifelineb.org.au