

IT TAKES A COMMUNITY TO PREVENT SUICIDE

There are many ways for individuals, organisations, services and networks to work together to create suicide-safer communities.

RAW's Healthy and Resilient Communities initiative can help your community develop a wellbeing and suicide prevention strategy that is relevant to local needs.

Ask Us How

TO FIND OUT HOW YOU OR YOUR
COMMUNITY CAN BE INVOLVED

— *contact* —
RAW'S COMMUNITY
DEVELOPMENT TEAM

Coordinator

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Rural Alive & Well

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Rural Alive and Well Inc. is a registered not for profit organisation working to support individuals, families and communities to respond to and manage challenging life experiences.

RURAL ALIVE AND WELL VALUES THE
SUPPORT OF THE FOLLOWING PARTNERS:



BUILDING HEALTHY
— *and resilient* —
**RURAL
COMMUNITIES**



HEALTHY AND RESILIENT COMMUNITIES INITIATIVE

We believe that a thriving community is one that promotes productive and socially inclusive lives.

For good health and wellbeing everyone needs opportunities to pursue important personal goals, enjoy fulfilling relationships, and take part in their community.

This is why RAW has initiated the Healthy and Resilient Communities (HaRC) project with the support of the Ian Potter Foundation, TasNetworks, and the Cape Hope Foundation.

RAW is working in partnership with twenty communities in rural Tasmania over three years, encouraging stronger community participation in local suicide prevention and wellbeing activities.

Our philosophy is to build on the strengths of communities and support them to come together to improve community health and wellbeing.

RAW will work with other agencies engaged in suicide prevention, community development and service provision.

We believe that these actions will support stronger, more resilient rural communities and through this we hope to see rural suicide rates decline.



Rural Alive & Well Inc. (RAW) supports the capacity of individuals, families and the community to respond to challenging life experiences. Our focus is suicide prevention, mental health and wellbeing.

We provide outreach support to rural communities 24 hours a day - 7 days a week as well as working with communities on wellbeing initiatives.

Phone 1300 HELP MATE (1300 4357 6283)