

APRIL 2018

- Psychs on Bikes
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- RAW in the Media

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TALK TO A mate!
- 24 HOURS 7 DAYS -
COMMUNITY WELLBEING, SUICIDE PREVENTION
HELPING **RURAL tasmania** THROUGH THE TOUGH TIMES
1300 HELP MATE
(1300 4357 6283)
TO BECOME A MATE OF RAW OR TO DONATE PLEASE VISIT WWW.RAWTAS.COM.AU
RAW TAS
RURAL ALIVE & WELL

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PSYCHS ON BIKES

Australian Mental Health Organisation Psych's on Bikes has recently toured Tasmania with Rural Alive & Well providing Free health checks along their way.

Psychs on Bikes Inc is an organisation of mental health professionals riding motorbikes to raise awareness of mental health issues in rural and remote communities. Our motto is 'Riding for Mental Health'. Psychs on Bikes have a passion for the work they do in the mental health industry and a desire to reduce the burden of mental illness in rural Australia. Psychs on Bikes also have a passion to ride motorbikes. Focusing on mental health, they visit communities in rural and remote Australia providing support, awareness seminars as well as free health checks.

Whilst in Tasmania they visited the towns of Margate, Sorell, Hobart, Queenstown, Bicheno, St Helens, Scottsdale, Ulverstone and Mole Creek.

Highlights of their trip included attending the Sorell Community Market and the Farm Gate Market in Hobart.

A morning tea was hosted by Acting Lord Mayor Alderman Ron Christie at the Hobart Town Hall on Monday 19th February.

On Tuesday 20th RAW and Psych's on Bikes attended lunch hosted by Her Excellency Professor the Honourable Kate Warner, AC, Governor of Tasmania at Government House.

With special thanks to our sponsors Spirit of Tasmania and RACT Insurance.









AGFEST

Rural Alive & Well will be at AGFEST again this year.

Thursday 3rd, Friday 4th and Saturday 6th May 2018.

Come along and "Talk to a Mate" at site S35 and site 404.



Mental Health First Aid (MHFA)

Adult Mental Health First Aid (MHFA) is an Australia Wide accredited course. The 12-hour MHFA course teaches adults (18 years and over) key skills to give initial help to someone developing a mental health problem or experiencing a crisis, (e.g., the person is suicidal or has had a traumatic experience). Like physical first aid, MHFA is given until the person receives professional help or until the crisis resolves.

MHFA is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis. MHFA strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and can only be delivered by accredited MHFA Instructors.

The course will give an understanding of their own views and feelings about mental health issues and disorders, create confidence in providing support to others and advising individuals to seek professional help.

These individuals will gain the ability to identify, understand and respond to signs of depression, anxiety, trauma, psychosis, substance abuse problems, suicidal thoughts as well as behaviours, panic attacks and self-injury.

On successful completion of the two day course, (12 hours total) and the online assessment, the attendee receives a 3 year accreditation. This accreditation gives the ability to individuals to become mental health first aiders in the workplace.

Rural Alive and Well have 2 accredited MHFA Instructors that are able to deliver training anywhere in Tasmania.

If you are interested in completing a MHFA course or would like more information please call 6254 1092 or email training@rawtas.com.au

FREE Mental Health First Aid Training



Where: Bothwell Town Hall, Alexander Street
When: Monday 7th & Monday 21st May 2018
Time: 9.00am to 4.00pm
Cost: FREE and catering provided
Who For: Community members 18 and over
Info: www.rawtas.com.au or www.mhfa.com.au
Bookings: contact Kylie on 6254 1092 or adminassist@rawtas.com.au

Maximum of 25 Participants



Proudly Supported by the John Wallis Foundation

FREE Mental Health First Aid Training



Where: Montgomery Room, Ulverstone

When: Thursday 17th & Thursday 24th May 2018

Time: 9.00am to 4.00pm

Cost: FREE

Who For: Community members 18 and over

Info: www.rawtas.com.au or www.mhfa.com.au

Bookings: contact Kylie on 6254 1092 or
adminassist@rawtas.com.au

Maximum of 20 Participants

Proudly Supported by

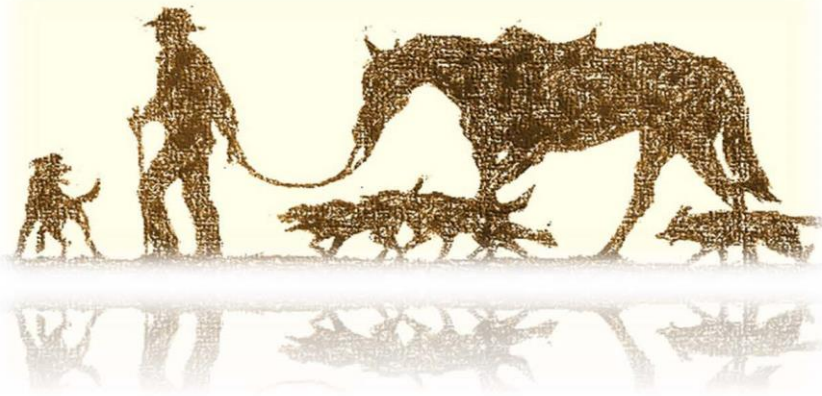


Have you liked the

[RAW \(Rural Alive & Well\)](#)

Facebook Page?

Head on over and give it a 



OLD MATES DAY

Sunday 27 May 2018

10:00am – 3:00pm

Bream Creek Showground

**Come and join your “*Old Mates*” for a BBQ
Don’t leave it too late to see a mate**

Contact:

Terry White ☎ 0429 652 927 or ✉ terrywhite@taspc.com.au



When You're 'Too Functional' to Have Your Mental Illness Taken Seriously

I've read countless articles, many on The Mighty, about the struggle of having an invisible illness and the way other people judge the "validity" of people's conditions. I've also read about people who aren't taken seriously when they express their most intimate, dark thoughts to family, professionals and friends.

I'm a psychologist. Not too long ago I was reunited with many other mental health workers (psychologists, psychiatrists, researchers and professors were in attendance.) The event was a presentation of a type of therapy and when the speaker began talking, he asked us how **mental illness** affects a person. Someone answered a person with a mental illness has difficulties and struggles with certain areas of his life. Another person answered that the mentally ill suffer greatly. And then a third person said mentally ill people don't function in society. I was waiting for someone to refute this, but instead everyone nodded and the speaker actually agreed and said "very good."

My heart was beating really fast. It was partly because I didn't know these people very well and I was struggling a bit with **social anxiety**. I hadn't contemplated speaking up. But my heart was also beating fast because I was angry. That statement and the fact it wasn't even questioned is exactly the reason why "high-functioning" people with mental illnesses are sometimes not taken seriously.

I can be dying inside while going through the motions of the day. It's not difficult for me to know how others expect me to act. Acting fine is a cognitive process. You can probably mention right now how an emotionally stable or "mentally sane" person is supposed to act. It really is simple. A generally accepted lifestyle is one where a person wakes up every day, looks presentable, takes care of stuff that needs to be taken care of, eats and goes to sleep. This can sometimes be done regardless of how you feel inside. To say it's difficult is an understatement, but it's not impossible.

These "high-functioning" people don't do it because they want to fool others, they do it because they want to produce and be a part of society. They try so hard to beat their illnesses or disorders. They don't want to rely on others to take care of them.

So when a "high-functioning" person asks for help or admits to himself and to someone else his struggles, it takes a lot of bravery. These people have worked every single day to build a "normal" world for themselves are terrified of admitting mental illness, and when they finally do and are met with rejection, little understanding and no empathy from a mental health worker, it is devastating.

My compromise with my career is very clear to me, but I have to admit I have been blessed (and cursed) to see this because I, myself, struggle with my own disorders.

If you struggle with not being taken seriously, my advice to you is to trust you know yourself so much more than anybody else. Nobody has the right to undermine your difficulties. If they do, it's their issue. Keep looking for the person who listens to you and takes your feelings into account. Don't feel demoralized or flawed. I know it's a tough pill to swallow when you ask for help from a mental health worker who should be able to understand you but doesn't. Again, this is a flaw in their own understanding of the human mind.

By the way, yes I did speak up. With a bit of a red face I refuted what they all agreed to and told them it's a terrible mistake to discard the presence of a mental disorder in relation to

the functionality of a person. I added functionality is sometimes a symptom, depending on the illness and the person.

The speaker didn't know what to answer, so he agreed and moved on.

SOURCE: [Karen Lowinger](#)

Contributor

<https://themighty.com/2017/01/high-functioning-social-anxiety-mental->

[illness/?utm_source=engagement_bar&utm_medium=email&utm_campaign=email_share](#)

RESOURCES FROM [MENTAL HEALTH AMERICA](#)

- [Find help for mental illness](#)
- [Understand mental health](#)
- [Advocate for mental health](#)

RAW IN THE MEDIA

Rural Alive and Well Inc's recent activity in our local media.

APRIL 2018

14th April 2018

Five best rides sub-\$35k and did I mention it's Targa time?

1st April 2018

Sunny, blue sky for A Day at the Goat
'Pleased' with policies

MARCH 2018

29th March 2018

FOOD, WINE, MUSIC IN THE VINEYARD

23rd March 2018

Lead by example on equality

22nd March 2018

Inspiring farm leaders

15th March 2018

Tasmanian women in agriculture say cheese

1st MARCH 2018

Tasmania

FEBRUARY 2018

27th FEBRUARY 2018

FREE MENTAL HEALTH FIRST AID TRAINING

23rd FEBRUARY 2018

Medicos raw in for rural checks

Primary promises for the rural sector

22nd FEBRUARY 2018

Striving for improved sector mental health

TFGA inspires rural women

Bell Bay Aluminium striving for better mental health outcomes

21st FEBRUARY 2018

Country doctors roaring into town

Vice-Regal

20th FEBRUARY 2018

Psychs on Bikes hit the Tamar

Services

JANUARY 2018

JANUARY ISSUE 2018

Tasmanian Community Achievement Awards

We are here to help

Times have been incredibly tough for farmers across Tasmania these past few years, we were hit with horrific dry conditions, followed by a dairy crisis and some of the worst floods Tasmania has seen. Our Outreach Workers understand these crises and are ready to help those in need. We are a mate in the tough times, here to talk and provide information to see you through, forward you on to the right support services and provide you with support through thick and thin. Don't hesitate to call an Outreach worker today, have a look at our [Outreach Workers here](#) and phone the one in your area. To talk to someone now phone our hotline 1300 HELP MATE (1300 4357 6283).



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www.rawtas.com.au

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Our mailing address is:

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