

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



Message from the CEO

Hello again from RAW.

I want to take this opportunity to thank all RAW supporters and members of the public for your offers of help and assistance after our recent public statements about threats to our future funding. As you know RAW is the only state-wide provider of mental health well-being and suicide prevention programs to rural Tasmania.

There are a range of issues that contribute to suicide in rural communities including the cumulative effect of difficult conditions such a drought, floods, fire, economic and financial factors, family pressures, a lack of immediate access to key services, and often a reluctance to use those that are available.

RAW puts into practice the motto on their vehicles "Talk to a Mate" by being accessible and compassionate with a 'feet on the ground' approach to providing support to rural people, wherever and whatever the issue. RAW staff conduct regular farm and house visits making contact with those in rural communities who traditionally have been isolated or overlooked or are simply 'doing it tough'. We focus on engaging with people and take the time needed to connect with them, providing ongoing support and assistance, or referral to other services. Our approach is 'non-clinical' in style and presents as caring, confidential, non-intrusive, and available when the help is most needed.

RAW is well respected in the communities it serves and makes a significant contribution to the sustainability and quality of life of rural communities across Tasmania. RAW's acceptance by rural communities is shown by the fact our rate of self and family referral is over twice as high as other Tasmanian organisations... you choose to talk to us. We thank you for your trust and with your assistance we hope to be here for many more years to help

rural Tasmanians.

If you want to help us in our campaign to secure ongoing funding then please become a Mate of RAW (see below) and proudly display one of our bumper stickers on your car or truck. Alternatively, call or write to a politician (any colour will do) and tell them about what country people need and about what RAW does in your community.

Once again, thank you for your support. We will keep you posted on what is happening for us,

Liz Little
Chief Executive Officer, RAW

Meet the Board of RAW

Did you know RAW is guided by a Board of 11 elected community members who bring a wealth of experience and commitment to support RAW undertake its work with rural communities across Tasmania.

You can find out more about each Board Member on our [website](#).

Our Board members for 2016-2017 are:

Ian McMichael - President
Nick Goddard - Vice President
Anne Downie - Deputy Vice President
Noel Beven - Treasurer
Nicholas d'Antoine - Public Officer
Robin Thompson - Secretary
Ron Christie - Member
Robert Walters - Member
Leonie Young - Member
John Tuskin - Member
Dianne Fowler – Member

More News from RAW HQ

RAW can provide accredited mental health training for community groups and organisations. This training is like physical first aid skills, training in understanding mental health issues and identifying suicide risks and intervention develops the skills used in mental health first aid. Three accredited courses are available through RAW:

- ASIST (Applied Suicide Intervention Skills Training)
- Mental Health First Aid

- Youth Mental Health First Aid

These courses are available for community members and business alike. Keep an eye out on our website and Facebook for times and locations of scheduled courses. If you would like further information, please email admin@rawtas.com.au

Rural Alive and Well appoints a Practice Consultant to Support our Outreach Program

RAW has appointed Lorette Venables as a Practice Consultant in the field of mental health and suicide prevention. Lorette has a background as a Mental Health Nurse, and works with RAW's Outreach teams to provide advice and support to rural communities.

Lorette has spent the last 28 years working in the mental health field, most recently at Lifeline Tasmania to help to improve the lives of people who are experiencing distress or struggling with life circumstances.

She values her family, her pets, and people in general. If you would like to find out more about the work Lorette is doing, you can contact her via the RAW [website](#) or [Facebook](#) page.

RAW Outreach Workers Complete Youth Mental Health First Aid Course

At RAW we are always striving to extend our knowledge and improve the quality of our services. In early 2016 staff completed training and accreditation in Youth Mental Health First Aid, where they learnt valuable skills on how to identify and address mental health issues in young people.

The national 2016 Youth Development Index Report reported that Tasmanian youth had experienced the largest deterioration of 'Health and Well-being' of all the states and territories in Australia. This was driven by a 127% increase in the proportion of young people who had used illicit drugs, a rate that has more than doubled since 2010. This problem was compounded by a low 'Employment and Opportunity' index for young Tasmanian's.

Not surprisingly, the second fastest growing group of people engaging with RAW is young people. Rural young people have particular access problems in relation to centre based mental health support and well-being services, many of which are urban based. Many young people require, and can't obtain, transport assistance from their parents or friends to access these services.

Tasmania has the second highest youth suicide rate in Australia with 44.6 deaths per 100,000 population. It is noted that a significant proportion of young people who have attempted suicide are socially isolated and have particular difficulties with community reintegration and school/work engagement. This is compounded by the high rate of usage of electronic and social media communications among this age group which can also contribute to the copy-cat suicide phenomenon.

If you know a young person you are worried about, please call our helpline on 1300 HELP MATE (1300 4357 6283) to have a chat to one of our Outreach Workers.

HaRC - Healthy and Resilient Communities Project

In 2016 RAW initiated the Healthy and Resilient Communities (HaRC) project. This project is working in partnership and alongside communities in rural Tasmania over three years, encouraging stronger community participation in local suicide prevention and wellbeing activities and has been made possible via support from Tas Networks, Ian Potter Foundation and the Cape Hope Foundation.

To date we have established HaRC groups located in Geeveston, Huonville, Ross, Georgetown, Bothwell, Tasman Peninsula and the West Coast all at varying stages of establishment and all completely different from one another.

Currently our Community Resilience Facilitator is working on establishing new HaRC groups in Primrose Sands and areas on the East Coast. We will be working collaboratively with community members, service providers and organisations within these communities. We believe that these actions will support stronger, more resilient rural communities and through this we hope to see an increase in community participation in wellbeing and suicide prevention strategies in rural Tasmania.

If you require further information about the HaRC Project or would like to enquire about establishing a HaRC in your community, please contact RAW's Community Resilience Facilitator Amity Deans on 0427 418 345



Are You a Mate of RAW?

Being a mate of RAW is easy – and free!

Simply contact us to get your FREE "I'm a mate of RAW" bumper sticker to show your support.

Once you've received your sticker, simply post a picture with the hashtag [#imamateofRAW](#)

You can order your bumper sticker by:

Private Message via [Facebook](#) – don't forget to like our [page](#)!

Phone 6254 1092

Or email: admin@rawtas.com.au



RAW Out and About

RAW outreach workers attend events throughout rural Tasmania, providing advice support and information.

Where RAW has been so far this year:

28th January 2017 - Tasman Regatta

28th January 2017 - St Helens Australia Day Celebration

18th February 2017 - Bushy Park Show

18th February 2017 – Chudleigh Show

21st February 2017 – Red Dust Community Event Launceston

7th March 2017 – King Island Show (photo below, left)

18th March 2017 – Bream Creek Show (photo below, right)

21st March 2017 – Stop Male Suicide Hobart, John Clark was a speaker



Members of our Outreach Teams will be present at the:

APRIL: Pyengana Easter Festival

MAY: AGFEST

JUNE: Campbelltown Show

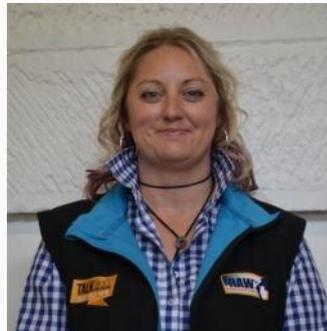
If you'd like to have a chat with an Outreach Worker, simply call 1300 HELP MATE (1300 4357 6283) 24 hours / 7 days and week.

Upcoming Public Holidays

Easter 2017: RAW Office will be closed from Friday 14 April to Tuesday 18 April inclusive.

ANZAC Day: RAW Office will be closed on Tuesday 25 April

The RAW helpline will be available during this time if you or someone that you know needs to talk to a mate by calling 1300 HELP MATE (1300 4357 6283) 24 hours / 7 days and week.



Kristy Mayne – Outreach Worker Central Highlands – Derwent Valley

Kristy's venture with RAW started back in 2009 when she was employed in an admin/event management role, Kristy had always wanted to do more for the "MATES" of RAW and when the opportunity came up for her to become an outreach worker in the Southern Midlands in 2015 Kristy was excited and grateful to take on this role.

Kristy's area of service has now changed to the Central Highlands and Derwent Valley, Kristy, her husband and their four sons live in the Central Highlands. Kristy believes that being a "local" can have its advantages as she has an understanding of the community that she supports.

Kristy has enjoyed working closely with local sporting groups to break down the stigma of Mental Health in particular organising a guest speaker Champion Tasmanian Boxer Luke Jackson to talk about his journey at a local football match between Bothwell and Campania where over 400 people attended, Kristy has recently been involved in a new venture at RAW in our Healthy and Resilient Communities (HARC) program at Bothwell called "Lift the Lid". This program is all about bringing together community members and providing them with the tools and training to be able to support their own communities when faced with life challenges in rural community, if you would like to become involved in this program please contact the HARC facilitator Amity Deans on 0427 418 345.

Kristy has seen the growth of the RAW outreach program from two outreach workers to ten and from only covering three local government areas to now covering all rural and remote areas of Tasmania including King and Flinders Island. If you would like to have a chat with Kristy about your Mental Health please give her a call on 0428 145 319.

Mates of RAW Giveaways!

Easter Competition

During the Easter period we are going to be giving away multiple prizes to our Mates of RAW!

Up for grabs are 5 double passes to the Hawthorn game at UTAS Stadium 29th April 2017.

New and existing Mates will be automatically placed into the draw. Double your chances and nominate a mate you would like to take to the game on the Facebook competition post. Become a Mate of RAW now to be automatically placed in the draw.

It's easy – simply SIGN UP NOW

May Promotion

Keep an eye out for the RAW dedicated AGFEST Competition, if you are attending the field days come and drop into our sites and say Hello to the RAW team.

Keeping updated

Make sure you've liked our Facebook page to keep up-to-date with everything that is happening at RAW and follow us on Twitter.

You can also subscribe to receive updates at www.rawtas.com.au

We are here to help

Times have been incredibly tough for farmers across Tasmania these past few months, we were hit with horrific dry conditions, followed by a dairy crisis and now 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).

Copyright © 2017 **RURAL ALIVE & WELL INC.**, All rights reserved.

Our mailing address is:

73 High St, Oatlands TAS 7120

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

