

## About us

Rural Alive & Well Inc. is an incorporated not for profit organisation formed to create resilience and capacity of individuals, families and the community to react to challenging life experiences with particular emphasis on suicide prevention, mental health and wellbeing.

Our focus is providing outreach support to rural communities across Tasmania as well as working with the communities that we work in to undertake much needed community wellbeing initiatives. We are proud and honoured to service rural Tasmania.

Rural Alive and Well's outreach program is a 24 hour a day service – 7 days a week. Our staff can come to you or alternatively we can talk to you over the phone. Our role is to offer a friendly ear in a difficult time, offer information, support and strategies to help as well as linking you to relevant services that can assist.

**Our service is free and confidential. To talk to a Rural Alive and Well staff member please call:**

**1300 HELP MATE**  
(4357 6283)

Our head office is located at 73 High Street Oatlands and can be contacted by calling (03) 6254 1092 or via email at [admin@rawtas.com.au](mailto:admin@rawtas.com.au)



Raw's outreach workers provide an on call service and are available 24 hours a day 7 days a week.

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 & Well

73 High Street | PO Box 74 Oatlands TAS 7120

Phone 03 6254 1092 (Office Only)

[admin@rawtas.com.au](mailto:admin@rawtas.com.au) | [www.rawtas.com.au](http://www.rawtas.com.au)

RAW is funded by the Tasmanian and Commonwealth Governments

**TALK TO A**  
*mate*  
**WWW.RAWTAS.COM.AU**  
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## Outreach Staff

**Tony Barker**  
Outreach Team Leader North  
0427 370 726  
tbarker@rawtas.com.au

**Jayne Pike**  
Outreach Worker  
0439 689 430  
jpik@rawtas.com.au

**John Clark**  
Outreach Worker  
0429 157 738  
jclark@rawtas.com.au

**Rhonda Gee-Mackrill**  
Outreach Worker  
0418 473 293  
rhonda@rawtas.com.au

**Ruth Fisher**  
Outreach Worker  
0458 032 813  
rfisher@rawtas.com.au

**Darren Thurlow**  
Outreach Team Leader South  
0428 333 517  
darren@rawtas.com.au

**Andrew Baker**  
Outreach Worker  
0400 131 256  
abaker@rawtas.com.au

**Kristy Mayne**  
Outreach Worker  
0428 145 319  
kristy@rawtas.com.au

**Martin Howell**  
Outreach Worker  
0408 478 993  
martin@rawtas.com.au

## Administration/Projects

**Liz Little**  
Chief Executive Officer  
(03) 6254 1092  
CEO@rawtas.com.au

**Jacki Miller**  
Executive Officer/Events  
(03) 6254 1092  
jmiller@rawtas.com.au  
events@rawtas.com.au

**Amity Deans**  
HaRC Coordinator  
0427 418 345  
adeans@rawtas.com.au

**Peta-Maree Davidson**  
Business Services Team Leader  
(03) 6254 1092  
0409 257 831  
pdavidson@rawtas.com.au

**Kylie Lawless**  
Administration Officer  
(03) 6254 1092  
adminassist@rawtas.com.au

**Ebony DeJesus**  
HaRC Facilitator  
0429 473 183  
edejesus@rawtas.com.au

**Ann Hughes**  
Project Manager Student Unit  
0438 954 188  
ahughes@rawtas.com.au



HELPING **RURAL** *tasmania*  
THROUGH THE TOUGH TIMES

