

NOVEMBER 2017

- Tasmanian Community Achievement Awards
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- Suicide Prevention
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- Mental Health First Aid Training
- Thanks to all our sponsors

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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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Tasmanian Community Achievement Awards

Rural Alive & Well have been successful in making it into the top three finalists of the Tasmanian Community Achievement Awards, Betta Milk 'Make It Betta' Health Achievement Award category. The winner will be announced on Friday the 1st of December.

You can help by voting for RAW in the Peoples Choice Award category.



[CLICK HERE TO VOTE NOW](#)

2017 RAW Hobart Show Lunch

The 2017 RAW Hobart Show Lunch was held on Friday 27th October at the Royal Hobart Show. RAW would like to thank all of the guests for attending. Special thanks goes to our guest speaker Sue Murray, CEO of Suicide Prevention Australia. Sue spoke about Tasmanian suicide rates, where it leads us, how we can all do our bit to help people choose to live and what we can do to make the future better for all. We thank Sue for her wonderful insights.

A lovely lunch was enjoyed, made up of some fabulous fresh Tasmanian produce, most of which was kindly donated by local Tasmanian businesses. Our MC Ryk Goddard kept us entertained throughout the lunch. Thank you Ryk for donating your time.

A live auction took place with our guest auctioneer Chris Cusick of Roberts Ltd. Silent auctions a raffle and lucky door prize also took place. A huge thank you goes out to all of our sponsors and supporters.

University outpost for a semester

Over the past four months we have had six social work students on placement at RAW. Professional social work training requires that students spend supervised time engaged in a welfare agency or related project. So this placement has been win-win – the students have had the opportunity to experience a distinctive community service agency – and RAW has had the input of skilled and enthusiastic students soon to become qualified social workers.

Two students have been based in each of the three regions, north, north-west and south. Their main focus has been gathering information about the outreach program around the state. They've been preparing a report that will help RAW refine their programming and ensure that the services we offer are appropriate and effective.

The students have been out and about in the RAW vehicles, observing first-hand the enormous variety of tasks that outreach workers undertake every day. They have attended community meetings and interviewed people who use RAW services, staff and board members. They've also devised an on-line survey seeking feedback from service providers and other community members. They have looked at what Australian and international research says about effective ways of preventing suicide and promoting mental health and wellbeing in rural areas.

Of course there has been lots of positive feedback about how important RAW is throughout rural Tasmania, as well as suggestions about developments that would further enhance the quality of the service.

The findings from the study will be available once the study has been completed.

RAW would like to thank the students who have been so enthusiastically involved in this project – Ebony DeJesus, Sharleen Fawkner, Ruth Fisher, Karen Harris, Margaret Richardson and David Wilson, and we wish them well as they start their careers as social workers.

Suicide Prevention

Tasmania is the only state in Australia with an increasing suicide rate (ABS standardised). Information released by the Australian Bureau of Statistics shows that over the last decade Tasmania's suicide rate has risen by 25% with an increase in deaths per 100,000 from 13.5 in 2007 to 17.0 in 2016. the Australian national average suicide rate is 11.7.

Suicide Awareness is not enough to assist with suicide prevention. To assist with prevention it takes education. Do you know what the suicide warning signs are? If you feel you are concerned about an individual displaying these warning signs, or if you can relate to these signs please call 1300 HELP MATE. It is 100% confidential and 0% judgement, a RAW Outreach worker is available 24/7 7 days a week.

Recognising suicide warning signs

An individual, thinking about suicide usually give some clues or signs to those around them that show they are troubled, suicide prevention starts with recognising warning signs and treating them seriously. The following is a list of signs that people might display, when they are feeling overwhelmed and distraught, these physical changes and behaviours are indicators that a person might be thinking about suicide. Some of these signs are stronger indicators that a person may be contemplating suicide - these indicators have been highlighted. It is likely that a suicidal person will display a combination of these signs rather than one single sign.

Physical changes

- Major changes to sleeping patterns – too much or too little
- Loss of energy
- Loss of interest in personal hygiene or appearance
- Loss of interest in sex
- Sudden and extreme changes in eating habits – either loss of appetite or increase in appetite
- Weight gain or loss
- Increase in minor illnesses

Behaviours

- Alcohol or drug misuse
- Fighting and/or breaking the law
- Withdrawal from family and friends
- Quitting activities that were previously important
- Prior suicidal behaviour
- Putting affairs in order e.g. giving away possessions, especially those that have special significance for the person
- Writing a suicide note or goodbye letters to people
- Uncharacteristic risk-taking or recklessness (e.g. driving recklessly)
- Unexplained crying
- Emotional outbursts

Feelings

- Sadness
- Anger
- Shame
- Desperation
- Disconnection
- Hopelessness
- Worthlessness
- Powerlessness
- Loneliness
- Isolation

Conversational signs

- No future – *"What's the point? Things are never going to get any better"*
- Guilt – *"It's all my fault, I'm to blame"*
- Escape – *"I can't take this anymore"*
- Alone – *"I'm on my own ... no-one cares about me"*
- Damaged – *"I've been irreparably damaged... I'll never be the same again"*
- Helpless – *"Nothing I do makes a bit of difference, it's beyond my control"*
- Talking about suicide or death
- Planning for suicide

Responding to warning signs of suicide

Speak up if you are worried

Talking to a friend or family member about their suicidal thoughts and feelings can be extremely difficult. But if you're unsure whether someone is suicidal, the best way to find out is to ask. If you don't feel confident to approach the individual you can talk to a RAW Outreach worker to receive advice.

You may be worried that you might 'put the idea of suicide into the person's head' if you ask about suicide. You can't make a person suicidal by showing your concern. In fact, giving a suicidal person the opportunity

to express his or her feelings can give relief from isolation and pent-up negative feelings, and may reduce the risk of a suicide attempt.

How to start a conversation about suicide:

- *I am worried about you because you haven't seemed yourself lately.*
- *I have noticed that you have been doing (state behaviour), is everything ok?*

Questions you can ask

- *What can I do to help you?*
- *What supports have you called on so far?*

What you can say that helps

- *I want to help you and I am here for you when you want to talk.*

Assess the risk

If someone you know tells you that he or she is thinking about suicide, it is vital to evaluate the risk. People who are at the highest risk in the immediate future have the intention to end their life, a specific plan, the means to carry out the plan and a timeframe.

Know where to go for support

Find out what services are available. This should include local emergency services, community health services and hospitals. Keep a list of contact details and times when the services are available.

TALK TO A MATE - 1300 HELP MATE (1300 4357 6283)
24HR / 7 DAYS - STATEWIDE

Life line:- 131114 - 24/7

Suicide call back service:- 1300659467 - 24/7

Mental health hot line:- 1800332388 9am - 11pm

Beyond blue support service:- 1300224636 - 24/7

Men's line:- 1300789978 - 24/7

Kids help line:- 1800551800 - 24/7

Elder abuse helpline:- 1800441169 9am-4pm Monday to Friday

Laurel house sexual assault :- 1800697877 after hours .

Family violence respect:- 1800respect - 24/7

Standby support after suicide:- 0400183490 24/7

Poison info 131126. - 24/7

G.P assist :- 1800022222 after hours



Reference Sources:
 Suicide Line & Beyondblue

RAW in the media

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

NOVEMBER 2017

14th November 2017

Workshops happening this month

3rd November 2017

Suicide outreach cash crisis

Keep the connections strong

OCTOBER 2017

10th October 2017

Working on mental health as a community
next page

11th October 2017

Cuts put RAW work at risk

10th October 2017

Bicheno Pharmacy gives a helping hand

6th October 2017

Raw deal for rural service

5th October 2017

Funding doubts for RAW future

Funding doubts for RAW future

4th October 2017

Rural suicide watch hit by funding cuts

SEPTEMBER 2017

22nd September 2017

Putting health first

14th September 2017

Putting farmers' health before herd

AUGUST 2017

2nd August 2017

Salmon farming and tourism identified by Circular Head action group
Interim Report identifies tourism and salmon opportunities

JULY 2017

31st July 2017

Getting involved in Australian Masters Games beneficial for mental health

8th July 2017

Mikayla 'blossoms' with Meander Valley community's love, support

7th July 2017

Tasmanian agriculture boosted by cattle, wool and irrigation

Mental Health First Aid Training

FREE Mental Health First Aid Training



Where: Rosebery Neighbourhood House, Rosebery

When: Tuesday 14th & Wednesday 22nd November

Cost: **FREE** fully subsidised by MMG

Who For: Rosebery, Zeehan, Queenstown, Tullah & Strahan Community Members

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 Sponsored By:



FREE Mental Health First Aid Training



Where: Castle Hotel, Bothwell

When: Wednesdays 29th Nov & 6th Dec 2017

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 20 Participants



Proudly Supported by the John Wallis Foundation

**Thanks to all of our sponsors for your generosity at the RAW
Hobart Show Lunch 2017**



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).

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 www.rawtas.com.au

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