

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 All,

It is a great pleasure to have joined the team at RAW – and I have certainly hit the ground running!

There is no doubt rural communities are feeling the impact from recent floods in the North West – and in the Huon in the South – and RAW Tas is here to help.

This week we are holding Flood Recovery Community Events in Ulverstone, Deloraine and Latrobe; and we'll be in Huonville later in the month. The aim of these events is to provide information, support and strategies to help link you to relevant services that can assist.

I encourage you to come along, enjoy a free sausage and have a chat to the team. Dealing with the immediate impact of a natural disaster, like flooding, can affect your mental wellbeing and we are here to help when times are tough.

You can find out the details of our Flood Recovery Community Events in the newsletter below.

Since starting as CEO we have also commenced recruitment for two Community Resilience Facilitators, who will work with rural communities across the state to develop, implement, and support local well-being and suicide prevention strategies over the next two years.

I look forward to introducing the successful applicants in future editions!

The RAW Team has also been out and about. They recently attended ASIST training; learning how to apply a suicide intervention model. You can read more about the ASIST model below.

The next few months continue to look busy for RAW and there is still much for me the 'get my head around'. I look forward to getting out and about and meeting many of you at our upcoming events.

If you haven't already liked our Facebook page please jump online and do so – this is where we post regular updates and information about events the RAW Team will be attending, competitions and – of course – information to help you look after your mental health and wellbeing.

Until next edition,
Liz

Liz Little, CEO RAW Tasmania

Flood Recovery Community Events

RAW Tas will be in Ulverstone, Deloraine and Latrobe from the 3-5 August and in Huonville on the 18 August.

Come and join us for a free sausage, have a chat to our outreach workers and learn information, support and strategies to help you look after your mental health and wellbeing.

Click on each image below to get the details for each event and please promote these events throughout your community.

TALK TO A
mate

24 HOURS - 7 DAYS

1300 HELP MATE
(4357 6283)

FREE SAUSAGE SIZZLE



Flood Recovery Community Event

We are providing information, support and strategies to help link you to relevant services that can assist.

Where: Apex Park Ulverstone
39 Reibey Street

When: Wednesday 3rd Aug
12pm to 2pm



TALK TO A
mate

24 HOURS - 7 DAYS

1300 HELP MATE
(4357 6283)

FREE SAUSAGE SIZZLE



Flood Recovery Community Event

We are providing information, support and strategies to help link you to relevant services that can assist.

Where: Woolworths Deloraine
70 Emu Bay Road

When: Thursday 4th Aug
12pm to 2pm



TALK TO A
mate

24 HOURS - 7 DAYS

1300 HELP MATE
(4357 6283)

FREE SAUSAGE SIZZLE



Flood Recovery Community Event

We are providing information, support and strategies to help link you to relevant services that can assist.

Where: Station Square Latrobe
Gilbert Street

When: Friday 5th Aug
12pm to 2pm



TALK TO A
mate

24 HOURS - 7 DAYS

1300 HELP MATE
(4357 6283)

FREE SAUSAGE SIZZLE



Flood Recovery Community Event

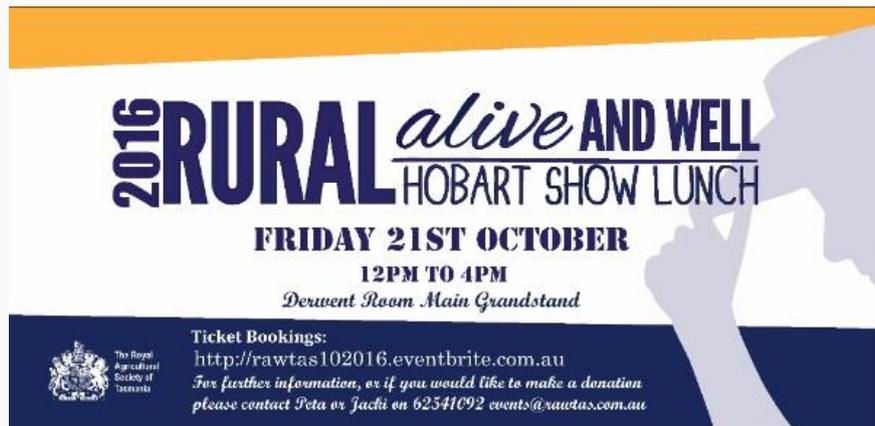
We are providing information, support and strategies to help link you to relevant services that can assist.

Where: John Clennett's Mitre 10, 53
Main Road Huonville

When: Thursday 18th August
11am - 2pm



Annual Rural Alive and Well (RAW Tas) Royal Hobart Show Luncheon



You are cordially invited to the 2016 Rural Alive and Well Inc.'s Hobart Show Luncheon. Please show your support for the work RAW Tas is performing in rural and regional Tasmania, by attending our major fundraiser for the year.

Your ticket includes some of Tasmania's finest produce, wine on arrival and complimentary entry into the Royal Hobart Show, your ticket is also inclusive of entry in the lucky door prize. During the event we will be hosting an auction, where you will be able to place bids on some generously donated items.

We will be shortly announcing our key note speaker for the event.

"RAW Tas helps build resilience and capacity of rural individuals, their families and the community, to react to challenging life experiences with particular emphasis on suicide prevention, mental health and well-being. RAW Tas is proud to be hosting its sixth annual luncheon at the Hobart Showground's, in partnership with Royal Agricultural Society of Tasmania" Ian McMichael, President, RAW Tas Board

Tickets: \$73.50 (inc booking fee) per person

[Book Your Tickets Now](http://rawtas102016.eventbrite.com.au)

RAW Tas Outreach Workers attend ASIST Suicide Intervention Training

ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide.

The ASIST model helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help.

Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

If you or someone you know is at risk of suicide, talk to someone now by phoning our hotline 1300 HELP MATE (1300 4357 6283).



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).

