

FEBRUARY 2018

- Psych's on Bikes and RAW's public events around Tasmania
- Finding Help If You're Feeling Suicidal

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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

Psych's on Bikes and RAW's public events around Tasmania

The Psych's on Bikes are coming to Tasmania and are providing FREE Health Checks along their way.

With thanks to:



Rural Alive and Well in Partnership with Psychs on Bikes, are inviting you to have free health check and get information on staying mentally healthy. Psychs on Bikes and RAW

will be touring Tasmania during the 17th to 24th February 2018.

- Sorell Market 18th Feb 8:00am - 10:00am
 - Farm Gate Market 18th Feb 10:30am - 12:30pm
 - Margate, Dru Point, 18th Feb 7:00pm
 - Conference, White Sands Estate, 21st Feb - 10:00am - 4:30pm
 - Mocktail Party, St Helens, 5:30pm - 7:00pm
 - Scottsdale Football Club, 11:00am - 1:30pm
 - Central Coast Men's Shed, Ulverstone, 12:00pm
 - Ulverstone Show Grounds, 7:00pm
 - A Day at the Creek, Mole Creek, 2:00pm
-



YOU ARE INVITED FOR A

FREE HEALTH CHECK

RURAL ALIVE AND WELL
IN PARTNERSHIP
PSYCHS ON BIKES

ARE INVITING YOU TO HAVE A
FREE HEALTH CHECK
AND GET INFORMATION ON
STAYING MENTALLY HEALTHY

Where: Sorell Market
When: Sunday 18th February 2018
Time: 8 am to 10 am





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Where: Farmgate Market

When: Sunday 18th February 2018

Time: 10.30 to 12.30





Rural Alive and Well with Psych's on Bikes

Invite you to the

Scottsdale Football Club Rooms,

5 Rose Street, Scottsdale

Thursday 22nd of February.

**FREE Health Checks with Psych's on Bikes
and have a chat to RAW Outreach Workers**

11:00am – 1:30pm

FREE BBQ LUNCH

Please rsvp for catering purposes to the RAW office

Ph: 62541092 or email: events@rawtas.com.au

Psych's on Bikes - We are a group of mental health professionals comprising psychiatrists, psychologists, nurses and counsellors. 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'.



SPACES STILL AVAILABLE

To reserve your spot please book via

Eventbrite <https://rawworkshop0218.eventbrite.com.au>



RAW INVITES

RURAL HEALTH PROFESSIONALS

To attend a workshop presented by Psychs on Bikes

The workshop will cover:

- Rural and remote context of practice
- Engaging complex mental health clients in rural settings
- Working collaboratively across a step-up/step-down service system
- Self-care and developing professional support networks.

Where: White Sands Estate, 21554 Tasman Hwy, Iron House Point

When: Wednesday 21st February 2018

Time: 10:00am – 3:30pm

Bookings: <https://rawworkshop0218.eventbrite.com.au>

Morning tea, lunch and afternoon tea is provided. Please advise of any dietary requirements to 6254 1092 or events@rawtas.com.au



This activity is supported by Primary Health Tasmania (Tasmania's primary health network) under the National Suicide Prevention Trial, an initiative of the Australian Government

SPACES STILL AVAILABLE

To reserve your spot please book via

Eventbrite <https://rawmocktail.eventbrite.com.au>



RAW Invites You to a MOCKTAIL PARTY!



Learn how to make delicious mocktails with DEN

Have a free health checks from Psychs on Bikes

Find out what you want to know about being well

When: Wednesday 21st February 2018
5:30pm to 7.00pm

Where: St Helens Neighbourhood House
25 Circassian St, St Helens

RSVP: Friday 16th February 2018
Reserve your free ticket via:
<https://rawmocktail.eventbrite.com.au>

[Finding Help If You're Feeling Suicidal](#)

Feeling suicidal means you are feeling more pain than you can cope with at the time. However, remember: no problem lasts forever.

With help, you can feel better and keep yourself safe. People can get through this — people who feel as badly as you feel now. So get help now. You can survive.

What to do if you feel immediately suicidal

- Tell someone how you feel
- Ask them to stay with you until you get help
- Call a medical professional and tell them it is an emergency
- Call your local hospital and ask for the Mental Health Team
- Go to your GP or emergency department
- Call a crisis helpline — 1300 HELP MATE (1300 4357 6283) additional services listed at the end of this article
- Call 000

What to do in a crisis

- Try to distance your thoughts and actions. Say to yourself, 'I will wait 24 hours before I do anything', so you can seek help during that period.
- Put any items you could use to hurt yourself out of reach, or ask a trusted friend to take them and look after them.
- Try the 5-4-3-2-1 Coping Technique:

5: Acknowledge FIVE things you see around you. Maybe it is a bird, maybe it is pencil, maybe it is a spot on the ceiling, however big or small, state 5 things you see.

4: Acknowledge FOUR things you can touch around you. Maybe this is your hair, hands, ground, grass, pillow, etc, whatever it may be, list out the 4 things you can feel.

3: Acknowledge THREE things you hear. This needs to be external, do not focus on your thoughts; maybe you can hear a clock, a car, a dog park. or maybe you hear your tummy rumbling, internal noises that make external sounds can count, what is audible in the moment is what you list.

2: Acknowledge TWO things you can smell: This one might be hard if you are not in a stimulating environment, if you cannot automatically sniff something out, walk nearby to find a scent. Maybe you walk to your bathroom to smell soap or outside to smell anything in nature, or even could be as simple as leaning over and smelling a pillow on the couch, or a pencil. Whatever it may be, take in the smells around you.

1. Acknowledge ONE thing you can taste. What does the inside of your mouth taste like, gum, coffee, or the sandwich from lunch? Focus on your mouth as the last step and take in what you can taste.

These five steps are a way to ground yourself in the NOW! Take you out of your head and help stop your flooded thoughts. In Cognitive Behavioral Therapy it is believed that your thoughts are directly linked to how you feel and although we feel like we lose control of our thought processes, we have tools that can help us gain back a sense of control and lead to healthier thought patterns. In moments of

anxiety or triggered trauma it is important to stay present focused to help find symptom relief. Hopefully this coping technique can help you or someone you know stay present, stay grounded, and stay healthy.

- Do something that has brought you even a small amount of pleasure before, such as taking a walk, listening to music, taking a hot bath, watching a funny movie, reading or some slow deep breathing.
- Get together with others, even if you don't feel like it, to prevent isolation.
- Reduce drug or alcohol use. These can make it more likely that you may harm yourself, by making you more impulsive and increasing feelings of depression.
- Write about your thoughts and feelings. Remember especially to write about the things in your life that you value and appreciate, no matter how small they may seem to you.

What next?

Most suicidal thoughts are associated with underlying causes such as mental illness (for example, depression), a trauma or difficult life issues.

Psychological treatments can help, as can medication and support, or a combination of these. Remember people do get through this – even people who feel as badly as you feel now. So get help now – you can survive.

If you or someone you know is feeling suicidal, don't hesitate to our Outreach team is available 24/7 call 1300 HELP MATE (1300 4357 6283), Outreach Workers can provide 100% confidential assistance.

Where to call for help

IMMEDIATE ASSISTANCE

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

Source: SANE ORG January 2018

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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