

# REACH OUT



Our Reach Out Coordinators work with individuals, families and communities to build resilience and capacity to react to challenging life experiences. We focus on person-centred engagement and take the time to connect with people, providing ongoing practical support and/or referral to other services.

Our approach is 'non-clinical', caring, confidential, non-intrusive, and available when and where the help is needed. We adopt a culturally sensitive, strengths-based, and collaborative approach to delivering services and aim to prevent repeat suicide attempts and deaths. Our Coordinators also work within rural communities across Tasmania to initiate much-needed community wellbeing programs and activities.

We reach out to people by dropping in to see them even if they live remotely, or giving them a call.

### WORRIED ABOUT SOMEONE?

Anyone can make a referral to RAW. If you're worried about someone:

- 1) Ask them if you can give their contact details to us.
- 2) Call 1300 4357 6283, give us their contact details, and we'll go visit them or give them a call.

Our Coordinators will demonstrate genuine care, and be proactive in providing ongoing practical and emotional support to them. Our service is free and confidential.

Professionals can use our referral form at [rawtas.com.au](http://rawtas.com.au)



# CONTACT US



03 6254 1092 (office only)  
24/7 Help Line - 1300 4357 6283



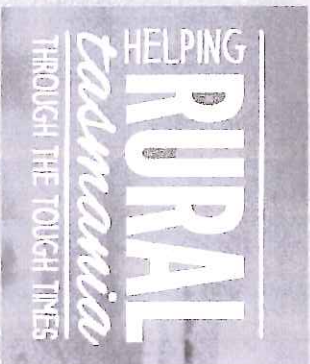
P.O. Box 74, Oatlands  
73 High Street, Oatlands  
TAS 7120



[rawtas.com.au](http://rawtas.com.au)



[admin@rawtas.com.au](mailto:admin@rawtas.com.au)



Rural Alive & Well Inc. (RAW) is a registered not-for-profit organisation, funded by the Tasmanian and Commonwealth Governments. RAW has been helping Tasmanians through the tough times for over 10 years, by supporting individuals, families, organisations, and communities to respond to and manage challenging life experiences.

# HELPING Tasmanians THROUGH TOUGH TIMES

**Free and  
Confidential  
Support**



# WISE MINDS



Businesses are increasingly aware that mental health issues contribute to a loss of productivity, absenteeism, presenteeism and injuries in the workplace. We offer training and consultancy programs for various industry and community sectors.



1-264

## MENTAL HEALTH FIRST AID (MHFA)

Choose from General MHFA, Over 65 MHFA, or Youth MHFA. Each course addresses key issues over the lifespan. Duration: 12-14 hours over 2 days

## MHFA FOR THE SUICIDAL PERSON

This course complements the 12-14 hour MHFA courses. Duration: 4 hours

## MHFA FOR NON-SUICIDAL SELF INJURY

Learn how to assist someone who is engaging in self injury. Duration: 4 hours

## INDUSTRY CONSULTANCY & SUPPORT

Training and support for your managers, team leaders and crew members. Duration: varied

## RURAL MINDS

For people who live and work on the land. Duration: 4 hours

Custom training to suit a specific need RAW will work with you to create a mental health program for your workforce and report on your return on investment.

*Costs may apply. Wise Minds is a social enterprise, so any charges for our training are contributed toward suicide prevention in Tasmania. Contact us to find out if costs apply.*



## RESPONSE FOR RECOVERY



RAW Response for Recovery provides a strategic and coordinated response to events and situations that have a detrimental effect on local communities. That means we're on the frontline in response to bushfires, floods, pandemics and other natural disasters, industry-wide downturns and community-wide adversity.

These situations have a profound impact on individuals and communities that can be long lasting and life-changing. The way individuals cope and react to a situation will vary, and the way they respond will evolve in the weeks, months and years after the event. Our Team is equipped to respond rapidly to emergency situations, and to work with individuals and communities in the longer term, from response to recovery and beyond.

Wide-spread adversity can impact negatively on employment and the availability of jobs. Our coordinators offer a holistic approach to helping individuals find work, by helping them with immediate and practical tasks, such as career guidance, job applications, resumes, and accessing funding for training. At the same time, we work with people to overcome other barriers which may prevent them from finding suitable work.

Our coordinators support seafood industry members through Stay Afloat, a partnership with the Tasmanian Seafood Industry Council, which aims to keep industry members connected and prevent the deterioration of well-being, and assertive outreach support to drought affected individuals and communities through Tasmanian

# NEXT GEN



Raw Next Gen is for the next generation of farmers across Tasmania from the age of 14 and up. Next Gen focuses on building capacity and resilience in young people to reduce the prevalence of suicide and non-suicidal self injury.

Next Gen is a mental health and suicide prevention support service that provides person-centred, non-clinical care and practical support by assertively reaching out to these. RAW adopts a culturally sensitive, strengths-based, and collaborative approach to delivering services. We also offer support through our social media and have a qualified youth worker available at all times.

Referrals to Next Gen can be made at rawtas.com.au or calling us on 1300 HELP MATE.

DO YOU NEED SOMEONE TO CHAT TO?  
CALL | TEXT | CHANNI 0409 257 831

IT'S HARD TO KNOW THE  
RIGHT ANSWERS...  
WHEN YOU DON'T UNDERSTAND  
THE QUESTION.



DO YOU HAVE  
THINGS GOING ON  
THAT YOU NEED  
SOME HELP WITH  
CONFIDENTIALLY

FAMILY/  
FRIEND  
TROUBLES

SEXUALITY  
RELATIONSHIPS

SELF  
HARM

BULLYING

UNSURE  
HOW TO  
MANAGE

FEELING  
LOW

WAYS TO GET IN  
TOUCH:

CALL OR TEXT  
CHANNI 0409 257 831

ASK YOUR SCHOOL TO  
REFER YOU TO RAW

CONTACT OUR 24/7 LINE  
ON 1300 HELP MATE

OR MESSAGE US  
THROUGH OUR  
FACEBOOK PAGE

facebook  
RAW - NEXT GEN





## Submission to Northern Midlands Council

10<sup>th</sup> July 2020

Rural Alive and Well (RAW) is seeking financial support from the Northern Midlands Council to establish a base at Perth. Currently RAW has an office at Oatlands and due to the nature of our work and the geographical spread of our team across Tasmania, having only one office is no longer a viable option for RAW and there is a demonstrated need for an office in both Perth and Oatlands.

From its beginnings in 2008 following severe droughts with just a small handful of mates 'looking out for each other' to now being a state-wide organisation in 2020 with 21 staff members. Our organisational success comes from reduced prevalence of suicide in rural communities by assisting and supporting communities and individual's response to adversity by early intervention, facilitation and prevention strategies.

Although RAW programs have been delivered in the North, North West and North East for several years, there is a community perception that our services predominately support the communities in the south of the state because RAW does not have a visual presence in the north.

RAW has four key programs; Reach Out, Wise Minds, Next Gen and Response for Recovery. (See appendix 1 for full details). There are 11 staff members who will utilise the Perth office on a regular basis. The transition from working remotely in isolation with limited practical support to having a base with regular interaction and support from other team members will have a significant impact on staff wellbeing and productivity. As a resident of the Northern Midlands Municipality the CEO would also be based predominately at Perth.

RAW has identified suitable premises that suit the needs of the organisation and the community at 86 Main Road Perth. There are two separate buildings that RAW could utilise;

- The hall – will be transformed into an office space for 11 staff members.
- The church – previously a café, this building would be used to conduct mental health training, board & staff meetings, group activities, community information sessions and other activities that encourage and promote wellbeing and community connections.
- RAW is also considering several different ideas for the expansive gardens and outdoor area, including a community vegetable garden, farmer's market and creating a safe space for community members to visit when they are needing support.

Mates 4 Mates an organisation supporting veterans and initial discussions have been held in regards to working together to deliver regular group activities in Perth.

### **RAW's Impact**

We are strongly of the view that that the delivery of our community based, community engaged service model which focusses on the alleviation of situational stressors at the individual, family, and community level, has provided both leadership and cost-effective service delivery across rural Tasmania and has made a significant contribution to a reduced prevalence of suicide in rural areas.

RAW attributes Tasmania's nation leading reduction in rural and non-metropolitan suicide rates to the collaborative engagement of rural communities and services across the state.

**Budget – 3 years**

<b>Income</b>		<b>Amount</b>
<b>Source</b>	<b>Status</b>	
Landlord – Lynne Wilton	Confirmed	\$15,000.00
Rural Alive and Well	Confirmed	\$45,000.00
Rural Alive and Well	In-kind – confirmed	\$42,000.00
Northern Midlands Council	Pending	\$30,000.00
<b>Total Income</b>		<b>\$132,000.00</b>
<b>Expense</b>		<b>Amount</b>
Hall rent \$15,000 pa		\$45,000.00
Church rent \$15,000.00 pa		\$45,000.00
Please note the commercial value of the former café is \$38,000*		
Mental Health Training		\$12,000.00
Youth Activities		\$15,000.00
Community Activities		\$15,000.00
<b>Total Expense</b>		<b>\$132,000.00</b>

Thank you for taking the time to consider our request for support.