

# Rural Alive & Well Inc.

Liz Little - CEO



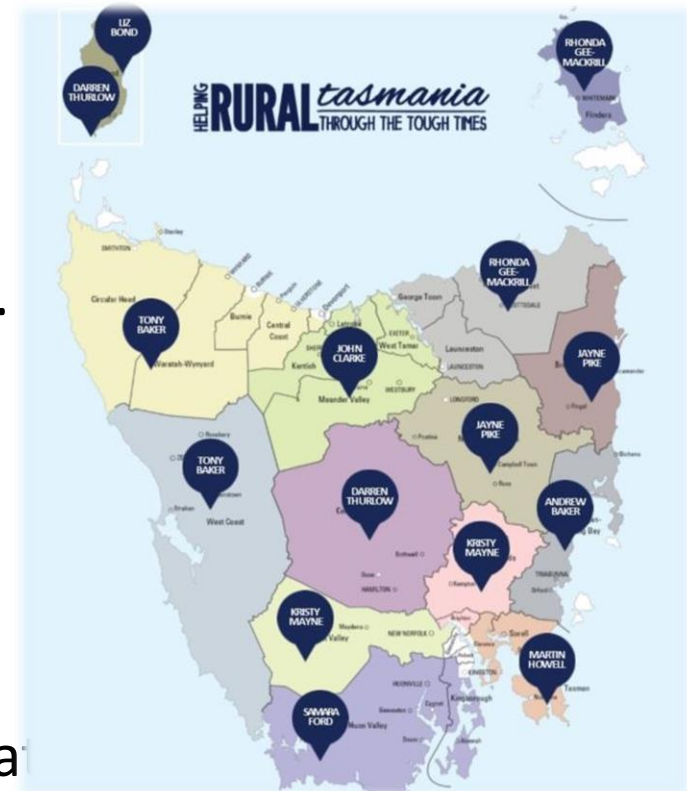
# Rural Alive and Well Inc. (RAW)

RAW is a not-for-profit organisation helping individuals, families and the community through mental health issues with a particular focus on suicide prevention.



- Suicide rates in Australia highest in 13 years
- Tasmania has the fourth highest suicide rate in Australia (ABS), in 2013 Tasmania had the second highest rate.
- In 2014 there were 69 suicides in Tasmania.
- RAW aims to halve the suicide rate of rural Tasmanian's by 2026.

- Formed by rural communities in 2008 as a response to significant drought.
- 10 Outreach Workers across rural Tasmania (including King and Flinders Islands) as well as capacity building staff.
- RAW sees over 2,000 clients per year
- Our approach is **Talk to a Mate**
- We harness the passion and strength that lies at the heart of our rural communities.



- Provide support and service linkage to rural Tasmanians who are:
  - Dealing with mental health issues;
  - Responding to the pressures of desperate circumstances; or,
  - Who are or are supporting suicidal families or friends.
- Crisis hotline available 24/7 - 1300 HELP MATE (1300 4357 6283)



- Help build resilience and capacity of people to react to challenging life experiences.
- Provide accessible and responsive support services to all rural communities.





- Assist the community response to crisis, and help in recovery or coping after adversity.
- Establish structures and networks to assist individuals, families and communities to deal with suicide.
- Develop and implement strategies in communities to reduce the stigma associated with mental health and suicide.

- Support people to access services and advocate for those services to provide appropriate services to rural communities



# Healthy and Resilient Communities (HaRC)

- RAW is working with twenty rural communities over a three year period to engage community participation in local suicide prevention and well-being initiatives.
- Actively enable and support the development and implementation of locally owned suicide prevention strategies and projects designed to mobilise and build greater community resilience.

HaRC was made possible with support from funding partners; Ian Potter Foundation, TasNetworks, and the Cape Hope Foundation



For more information on RAW visit:

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