

# FRIENDS OF RAW



Recognise. Ask. Work together.

## **RURAL ALIVE & WELL**

Rural Alive & Well (RAW) is passionate about delivering genuine and authentic, early intervention suicide prevention for rural and remote communities.

RAW specialises in delivering proactive outreach and one-on-one psychosocial support that addresses situational stressors and increases protective factors, to minimise the risk of suicide.

RAW is 'non-clinical', genuine and non-intrusive. The service is confidential with no fees for participants.

RAW's staff have first-hand experience with the complexities of living and/or working in rural, remote and primary industry sectors. Staff each have backgrounds in Tasmanian Dairy, Livestock, Cropping, Mining, Wool Production, Forestry, Transport and Seafood.

## **ABOUT THE PROGRAM**

Mental health and suicide is a public health issue that requires a combined effort from all levels of government, health care systems, frontline health, community workers, workplaces, schools and other educational settings, community groups and the media, as well as individuals, families and communities.

The Friends of RAW network has been created in consultation with key industry stakeholders, to address an unmet need from frontline workers experiencing individuals sharing the harsh impact of situational stressors and mental health challenges.

The network is designed to empower individuals to bridge the gap and act as a conduit to connect people into RAW's one on one support.

## WHAT'S INVOLVED?

The Friends of RAW network is designed to equip and empower frontline workers out in the field.

Initial commitment:

- Group program induction (half day)

On-going commitment:

- Quarterly training (2- 3 hours max per session)
- Quarterly catch up's (face to face and/ or online)
- Networking opportunities amongst group members and industry stakeholders

## WHO CAN JOIN FRIENDS OF RAW?

We are looking for:

- Individuals who regularly engage with rural, remote and primary industry workers
- Individuals who work alongside rural, remote and primary industry community members (eg: field service workers)
- Individuals who find themselves engaging in indirect conversations around mental health and wellbeing
- People looking to volunteer with RAW

## WHAT KIND OF TRAINING IS DELIVERED?

Training delivered is tailored towards the situations being experienced day to day by program volunteers.

Topics include, but not exclusive too:

- Understanding situational stressors
- Recognising the signs
- Boundaries
- Engaging in safe conversations
- Referring to RAW support services



**JOIN TODAY**

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

1800 729 827

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