



BUILDING HEALTHY & RESILIENT RURAL COMMUNITIES

# **Rural Alive & Well (RAW) is a local charity, building mentally healthy and resilient rural, agricultural and primary industry communities.**

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“ You've helped me during a time when I didn't know what to do, where to turn to, or how to move forward. Thank you doesn't express it enough

**Rob\*, 37, Program Participant**

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

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 Dairy, Livestock, Cropping, Mining, Wool Production, Fruit Growing, Forestry, Transport and Seafood.

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

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**Referrals to the program can be made for either yourself or someone you know.**

 **1800 729 827**

**RAWTAS.com.au**

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