



WELLBEING BEYOND THE STOCKYARDS



RURAL ALIVE & WELL

Rural Alive & Well (RAW) is passionate about 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

"Wellbeing Beyond the Stockyards" will be across September and dedicated to our livestock communities' mental fitness and well-being. It is designed to reduce the barriers to help-seeking, increase awareness and encourage realistic conversations about mental health and wellbeing.

By challenging the status quo of how individuals respond to situational stressors and educating on how it impacts mental health and well-being, it's our goal to spark a different conversation around how we each look after ourselves to ensure a thriving agricultural and primary industry sector for years to come.

TASMANIAN STOCKYARD LANDSCAPE

Tasmania has a vast network of people working across the Livestock Industry. These individuals help supply local, national and international markets with high quality, Tasmanian produce.

From July 2022 through to April 2023, the Livestock community moved over 658,239 beasts, with 138,018 cattle going to export markets.

It's estimated that to transfer one lot of animals (cattle, sheep, pigs, goats) to the stockyard and to its endpoint, there are over 41 human touch points.

That's spread across:

Farm → Transport → Yard → Sale → Sorting → Transport → Endpoint (farm or abattoir)

To ensure Tasmania's livestock industry continues to grow and thrive, we first need to ensure that our people and their families working within the industry are mentally healthy and resilient.

With situational stressors being prevalent even more as drought looms, interest rates rise, and disease threats increase, the importance of building mental fitness across a critical industry increase.

RAW's one on one support provides the solution to supporting people during those harder seasons, with "Well-being beyond the Stockyards" becoming an annual reminder to everyone that we cannot continue to always do what we have always done when it comes to building mentally healthy and resilient rural communities.



BE INVOLVED

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