

*What helps us in our journey towards a
Connected and Respectful Tasmania?
What gets in the way? What should we focus on?*



What we heard from people living in Tasmania's North West*

Challenges

Social dynamics:

Tension, cliques, and unkind behaviour make people feel pushed out. This weakens trust and stops people joining in.

Discrimination: Unfair treatment including racism and stigma affects people's confidence, stops help-seeking, and divides communities.

Mental health strain:

Stress and mental health challenges are common. They make it harder for people to join community life and get support.

Strengths

Supportive and positive relationships:

Leaning on trusted relationships helps people feel safe and included, especially in groups focused on suicide prevention and planning.

Resources and places:

Having good spaces, tools and facilities (like halls, clubs, services) helps people come together and get help when needed.

Inclusion and accessibility:

Welcoming, easy-to-access activities and services make it easier for everyone to take part and feel respected.

Priorities

Collaboration:

People want groups and services to join up, share info, and act together so help is easier to find and use.

Kind, clear

communication: Use plain, caring messages so people know what's on, where to go, and how to get help - especially during tough times (money pressure, loneliness, mental health strain, when they are time poor, or during seasonal challenges like bushfires)

Better access to

services: Make it easier to reach support. Transport and time pressures makes access hard. Local solutions (like outreach or mobile services) matter.

*These insights were collected from deep conversations with 287 people living in North-Western region of Tasmania, from over 1600 people of all ages and locations across Tasmania in 2025. www.connectedandrespectful.org.au

The next steps towards a *Connected and Respectful* Tasmania...



What could the future look like?

Imagine a future where we build on trusted ties: we keep checking in and backing each other through local networks (like suicide prevention groups and parent groups), because strong relationships are the biggest strength in the North-West.

Making the most of local places by meeting in community halls and clubs and other local resources means help and activities are close to home in rural towns.

Sharing clear, kind information and running inclusive, accessible activities means people can join in even with transport and time pressures.

What if we don't act now?

Mental strain will grow. Without change, stress and loneliness will get worse and people will be less likely to seek help early.

More people on the North-West coast will feel shut out and stressed.

Unkind group dynamics and discrimination will keep people from joining in.

Getting help will remain hard (especially in rural towns).

Volunteers and parents will continue to be stretched thin, and trust in local services may fade.

How can we work together?

We need to work together to create positive and lasting change.

We welcome new partners on this journey towards our vision of a Connected and Respectful Tasmania.

No matter who you are, you can be an important part of this initiative.

To find out about community actions around Tasmania, learn about grants and other supports, or if you are a business or organisation who would like to talk about becoming a partner, you can find out more at www.connectedandrespectful.org.au, or contact us at community@reltas.org.au.