

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 Tasmanians with experience of trauma and disadvantage*

Challenges

Mental health and wellbeing: Stress and trauma make it hard to take part. Without trauma-aware supports, isolation grows.

Governance, funding and institutional priorities: Short, rigid funding and complex rules stop services joining up and break continuity.

Discrimination: Stigma and prejudice make people feel unwelcome, so they pull back from joining in.

Strengths

Supportive and positive relationships: Trusted, caring people and local groups help people join in and ask for help early. This lowers stigma and isolation, especially in small towns.

Purposeful leadership: Visible leaders who listen bring partners together. They bring back community ideas, build trust and remove roadblocks.

Inclusion, diversity and accessibility: Safe, low cost, easy to access programs with flexible times and transport support help people to show up, feel valued and stay connected.

Priorities

Access to services and support: Make help clear, local and flexible. Provide simpler pathways, outreach and mobile options and warm referrals.

Compassionate communication: Use plain, kind, consistent messages. Train staff in communication. Choose preferred communication pathways including offline communication and trusted people.

Social connection and belonging: Offer regular, welcoming groups and safe spaces. Deliver small consistent programs to build every day connections.

*These insights were collected from deep conversations with 133 people with lived experience of trauma and disadvantage 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 help is easy to find nearby and where staff speak clearly and kindly.

There are more regular, safe and welcoming groups where people feel valued.

Leaders listen to people's experience and follow through on promises.

Services connect and collaborate so support is consistent and fair.

What if we don't act now?

Help remains hard to find and confusing. This leads to growing crises in communities.

Stress and poor mental health gets worse and more people feel alone.

Short and rigid programs keep changing so people lose trust in services and stop trying.

Unfair treatment keep people away from community life.

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.