



## How can you help?

**Know the signs that you or others need a hand. Such as:**

- Withdrawing from friends and family.
- Can't stay focused or make decisions
- Tired. No energy.
- No interest in things you once enjoyed.
- Angry, upset or worried about stuff you used to take care of.
- Increased alcohol use.

**Ask them if they are Okay**

*"You don't seem yourself. Is everything Okay?" "Have ewe thought about contacting the Farm Community Counsellors or your GP?"*

You don't have to have the answers. What's important is that you're willing to stick around and help

## Farming Community Counsellors

**ALBURY AREA**  
0436 942 104

**DENILIQUIN AREA**  
0436 811 692

**GRIFFITH AREA**  
0428 254 783

**TEMORA AREA**  
0436 811 690

If you're concerned about your own or someone else's mental health, you can talk to someone 24 hours a day

by calling  
**ACCESSLINE**  
**1800 800 944**

If you or someone else is in immediate danger, **CALL TRIPLE ZERO (000)**

or go to your nearest hospital Emergency Department



**HOW ARE  
ewe  
DOING?**

## FARMING COMMUNITY COUNSELLING SERVICE



**INTAKE LINE**  
**0436 811 692**

*Free counselling for farming communities in the Murrumbidgee Region*



**Murrumbidgee**  
Local Health District



## Who are we?

We are a Farming Community Counselling service that is flexible and user friendly. We adapt to the person's needs and their situation.

We can see people in their own home, in the paddock, at a café or where ever they find most comfortable.

Our aim is to improve rural people's mental health. We do this by adding to their coping skills tool kit. These practical skills, and supports, lower the mental and emotional harm of climate events, such as drought and flood.

If counselling doesn't suit, then we are great at checking in with a phone call, email or just popping in to say "Hi!".

The Farming Community Counselling Service is free and private.

You can reach us by calling our Intake Line on 0436 811 692. Or by calling a Farming Community Counsellor near you via their direct number. (See overleaf)

**Today I'm feeling...**

- positive or calm
- stressed or overwhelmed
- hopeless, angry or frustrated

**When I feel stressed I'm...**

- still staying healthy and active
- avoiding activities
- not sleeping or drinking more than I should

**Lately I've been...**

- talking to friends and family
- irritated or frustrated with others
- isolated or avoiding people

**ewe are staying on track, well done!**

**ewe can talk to us for support**

**We can help ewe access the right support**



## What do we offer?

- A single session or ongoing counselling and support to people living in rural communities.
- Early intervention to promote positive mental wellbeing.
- Supportive counselling for individuals, couples or families.
- Referral to a wide range of other support services such as Rural Financial Counselling Service (RFCS) or Specialist Mental Health services.

- Liaison with Local Land Services (LLS) and Dept of Primary Industries (DPI).

