If you or someone else needs immediate help – call 000

#### **Additional Support Services**

**Life Line** – 13 11 14 24/7 confidential crisis support

**NSW Mental Health Line** – 1800 011 511 24/7 telephone assessment & referral

**Beyond Blue** 1300 224 636 24/7 mental health counselling, support and referral

Alcohol & Drug Information Service 1800 250 015 (24/7) Information, support referral & counselling on drugs and alcohol

**Kids Helpline** (24hrs) Young people 5-25 years old

**Suicide Call Back Service** 1300 659 467 24/7 telephone support & counselling for anyone affected by suicide

**Men's Helpline** 1300 789 978 24/7 information & referral service for men with family and relationship concerns



**Health** Hunter New England Local Health District Referral

### It's Easy....

### You just phone or email yourself (If you are phoning for someone else, just check it is O.K first)

# 0477 322 851

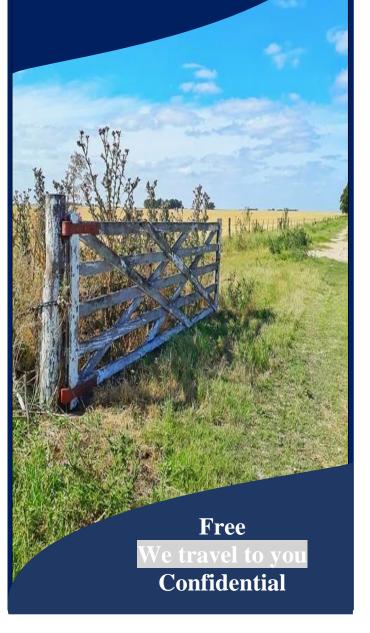
Monday to Friday 0800am – 4.30pm

(After hour calls welcomed – just leave a message and Farmgate staff will return your call the **next working day**)

Email FarmgateSupport@health.nsw.gov.au

Your local Farmgate support worker:

## Farmgate Support Program



## Who Can Get Help



Anyone experiencing stress from drought, fires, floods, COVID or other hardships

Farmers and farming families

Front line service/business providers

Local Businesses

Contract/seasonal workers

The Farmgate Support Program provides free emotional and mental health support to people living and working in rural & remote communities.



The Farmgate team offer short term conversation or formal counselling

Practical help in finding alternative support for your current needs and circumstances.

# WE WILL TRAVEL TO YOU



Visits can be arranged on your farm, home or place of business <u>OR</u> any other place of convenience like your favourite coffee shop

