

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



Free
We travel to you
Confidential

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 OR any other place of convenience like your favourite coffee shop

