

Support services for drought-affected communities

Drought can make you feel stressed, worried and uncertain about the future. This is especially true if you or someone you love is living or working in a rural area affected by drought. Luckily, there are a bunch of support services available to help.

MEDICARE

Better access to mental health services program

People who live in rural and remote areas can now access all ten Medicare-supported psychology consultations over the phone or via video call. In the past, you had to trek into town (or even further) for at least three out of ten consultations. While you'll still need to head to your GP to access your Mental Health Care Plan, this change will make it heaps easier to get the help you need.

health.gov.au/mentalhealth-betteraccess

HEAD TO HEALTH

An Australian Government website that helps you find the information, resources and services that most suit your mental health needs.

headtohealth.gov.au/

VIRTUAL PSYCHOLOGIST

This service offers 24/7 psychological support to drought-affected farmers in remote areas via SMS, email, phone, online chat and, where required, face-to-face counselling on farming properties.

SMS: 0488 807 266

Call: 0404032249

Email: admin@virtualpsychologist.com.au
virtualpsychologist.com.au

ARE YOU BOGGED MATE?

This website helps country blokes talk about mental health and suicide while spreading awareness about depression in the bush.

areyouboggedmate.com.au

IFARMWELL

A website designed by Aussie farmers that provides practical tips for coping with difficult circumstances, thoughts and feelings.

ifarmwell.com.au

EHEADSPACE

eHeadspace is a free and confidential online and telephone service for young people. (Both operate from 9 am to 1 am, 7 days per week.) They'll put you in touch with qualified and experienced youth mental health professionals who can give you helpful advice.

Call: 1800 650 890

eheadspace.org.au

BEYONDBLUE SUPPORT SERVICE

24/7 confidential telephone support, counselling and referrals from trained mental health professionals.

Call: 1300 224 636

beyondblue.org.au

KIDS HELPLINE

The Kids Helpline is a 24/7 confidential support and counselling service specifically for kids aged five to 25 years. Counselling can be provided online or over the phone.

Call: 1800 551 800

kidshelpline.com.au

LIFELINE

Call Lifeline's 24/7, confidential crisis support service to speak to trained volunteers if you're in a crisis or thinking about suicide. The Lifeline website provides online crisis support from 8 pm to midnight, 7 days per week.

Call: 13 11 14

lifeline.org.au