

# Farmer Support in the North West

When times are tough it's  
okay to ask for help



## Emergency Suicide Contacts

Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
Triple Zero (Police, Fire, Ambulance)	000
<b>Local Police</b> (24 hours)	
Horsham	(03) 5382 9200
Mildura	(03) 5018 5300
Ouyen	(03) 5092 2502
Swan Hill	(03) 5036 1600
<b>Accident and Emergency</b> (24 hours)	
Horsham Base Hospital	(03) 5381 9111
Mildura Base Hospital	(03) 5022 3333
Swan Hill Hospital	(03) 5033 9300
Ouyen Hospital (no Emergency Department)	(03) 5092 1111

## Mental Health Support Services

24-hour Mental Health Triage Service – Northern Mallee	1300 366 375
24-hour Mental Health Triage Service – Loddon Campaspe / Southern Mallee	1300 363 788
Horsham Mental Health Services	1300 661 323
Mildura Base Hospital - Mental Health Services	(03) 5022 3500
ACSO Connect - Regional Victoria (alcohol, drugs, disability and mental health)	1300 022 760
Headspace (young people 12-25)	
Horsham	(03) 5381 1543
Mildura	(03) 5021 2400
Swan Hill	(03) 4010 7100
Medicare funded psychological therapy and Mental Health Care Plan	Contact your local GP
Flying Doctor Wellbeing	(03) 8412 0480
<b>Online tools</b>	
Managing Stress on the Farm booklet	<a href="http://farmerhealth.org.au/support">farmerhealth.org.au/support</a>

## 24 Hour Support

<a href="http://lifeline.org.au">lifeline.org.au</a>	13 11 14
<a href="http://mensline.org.au">mensline.org.au</a>	1300 789 978
<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	1800 551 800
NURSE-ON-CALL	1300 606 024
<a href="http://respect.gov.au">respect.gov.au</a>	1800RESPECT or 1800 737 732
<a href="http://familyrelationships.gov.au">familyrelationships.gov.au</a>	1800 050 321
<a href="http://beyondblue.org.au">beyondblue.org.au</a>	1300 224 636
<a href="http://raisingchildren.net.au">raisingchildren.net.au</a>	13 22 89

## Rural Financial Counselling Service

North West Region RFCS	1300 769 489 <a href="http://sunrcs.com.au">sunrcs.com.au</a>
Western RFCS	1300 735 578 <a href="http://wswrcs.com.au">wswrcs.com.au</a>
<b>RFCS</b> - referral to your nearest office	1800 686 175

## Centrelink

Australian Government Farmer Assistance hotline	13 23 16
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## Emergency Relief Providers

<b>Salvation Army</b>	
Horsham	(03) 5382 1770
Mildura	(03) 5021 2229
Swan Hill	(03) 5033 1718
<b>Uniting Wimmera</b>	
Horsham	(03) 5362 4000
<b>Anglicare</b>	
Mildura	(03) 5025 9300
Swan Hill	(03) 5036 3200

For more information on available seasonal workforce support visit [agriculture.vic.gov.au/bigharvest](http://agriculture.vic.gov.au/bigharvest) or call 136 186.