

Farmer Support in Gippsland

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



Emergency Suicide Contacts

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| Lifeline | 131 114 |
| Suicide Call Back Service | 1300 659 467 |
| Triple Zero (Police, Fire, Ambulance) | 000 |
| Local Police (24 hours) | |
| Sale | (03) 5142 2200 |
| Bairnsdale | (03) 5150 2600 |
| Accident and Emergency (24 hours) | |
| Central Gippsland Health (Sale) | (03) 5143 8600 |
| Bairnsdale Regional Health Service | (03) 5150 3333 |

Mental Health Support Services

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| Mental Health Crisis Line - Gippsland | 1300 363 322 |
| Mental Health Care Plan (Medicare funded) | Contact your local GP |
| Gippsland Lakes Community Health | (03) 5155 8300 |
| Orbost Regional Health | (03) 5154 6666 |
| Omeo District Health | (03) 5159 0100 |
| Central Gippsland Health Service | (03) 5143 8600 |
| Yarram and District Health Service | 1800 934 722 |
| ACSO Connect (<i>alcohol, drugs, disability and mental health</i>) | 1300 022 760 |
| Headspace (<i>young people 12-25</i>) | |
| Bairnsdale | (03) 5141 6200 |
| Flying Doctor Wellbeing | (03) 8412 0480 |
| Wellways (<i>mental health and disability</i>) | 1300 111 400 |
| Online tools | |
| Managing Stress on the Farm booklet | farmerhealth.org.au/ support |

Centrelink

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| Australian Government Farmer Assistance hotline | 13 23 16 |
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24 Hour Support

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| lifeline.org.au | 13 11 14 |
| mensline.org.au | 1300 789 978 |
| kidshelpline.com.au | 1800 551 800 |
| NURSE-ON-CALL | 1300 606 024 |
| respect.gov.au | 1800RESPECT or 1800 737 732 |
| familyrelationships.gov.au | 1800 050 321 |
| beyondblue.org.au | 1300 224 636 |
| raisingchildren.net.au | 13 22 89 |

Rural Financial Counselling Service

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| Gippsland | 1300 045 747 www. ruralfinancialcounselling. org.au |
| Rural Financial Counselling Service Client Care Hub | ruralfinancialcounselling. org.au/services/client_ care_hub/ |

Emergency Relief Providers

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| Salvation Army | |
| Bairnsdale | (03) 5152 4201 |
| Sale | (03) 5144 6374 |
| Uniting Gippsland | |
| Bairnsdale | (03) 5152 9600 |
| Sale | (03) 5144 5177 |
| Gippsland Lakes Community Health | (03) 5155 8300 |

For more information on available seasonal workforce support
visit agriculture.vic.gov.au/bigharvest or call 136 186.