

Farmer Support in the GMID

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



Emergency Suicide Contacts

Lifeline	131 114
Suicide Call Back Service	1300 659 467
Triple Zero (Police, Fire, Ambulance)	000
Local Police	
Echuca	(03) 5483 1500
Kerang	(03) 5452 1955 (Non-24hrs)
Cohuna	(03) 5456 4150 (Non-24hrs)
Shepparton	(03) 5820 5777
Swan Hill	(03) 5036 1600
Accident and Emergency	
Echuca Regional Health	(03) 5485 5000
Kerang District Health (Urgent Care)	(03) 5450 9200
Cohuna District Health (no Emergency Dept)	(03) 5456 5300
Goulburn Valley Health (Shepparton)	(03) 5832 2322
Cobram District Health (Urgent Care)	(03) 5871 0777 (Mon-Fri 0800-1730)
Nathalia District Hospital (Urgent Care)	(03) 5866 9444
Swan Hill Hospital	(03) 5033 9300

Mental Health Support Services

Mental Health Triage Service (24 hours)	
Goulburn and Southern	1300 369 005
Loddon Campaspe and Southern Mallee	1300 363 788
ACSO Connect - regional Victoria (<i>alcohol, drugs, disability and mental health</i>)	1300 022 760 (Mon-Fri 0900-1700)
Headspace (<i>young people 12-25</i>)	
Bendigo	(03) 5406 1400
Shepparton	(03) 5823 8800
Swan Hill	(03) 4010 7100
Medicare funded psychological therapy and Mental Health Care Plan	Contact your local GP
Royal Flying Doctor Wellbeing	(03) 8412 0480
Online tools	
Managing Stress on the Farm booklet	http://www.farmerhealth.org.au/support

24 Hour Support

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
parentline.vic.gov.au	13 22 89

Rural Financial Counselling Service

North East RFCS Wodonga, Shepparton, Numurkah, Benalla and Seymour	1300 834 775 or (02) 6057 5777 info@rfcsvicne.org.au https://www.rfcsvicne.org.au/
Sun RCS Bendigo, Swan Hill and Mildura	1300 769 489 or (03) 5022 0799 info@sunrcs.com.au http://www.sunrcs.com.au
RFCS - referral to your nearest office	1800 686 175

Centrelink

Australian Government Farmer Assistance hotline	13 23 16
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Emergency Relief Providers

Salvation Army	
Bendigo	(03) 5440 8410
Mildura	(03) 5021 2229
Shepparton	(03) 5820 8000
Swan Hill	(03) 5033 1718
UnitingCare	
Bendigo	(03) 5443 4972
Anglicare	
Echuca	(03) 5482 0900
Swan Hill	(03) 5036 3200

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