



A farmer's health and land go hand in hand

Support Services for South East Rural Communities

Regional Health Services - Useful Phone Numbers

ac.care Drought Assistance 1800 880 913

Support, information, counselling and home visits during tough times

Rural and remote mental health services 13 14 65 (24 hour crisis)

Integrated Mental Health Team 08 8721 1507

Service for people with mental illness in the South East and Tatiara

Mind Australia Drought Assistance & Mental Health 1300 286 463

Mind Australia offers a range of community services in South Australia

Farmer Assistance Hotline 13 23 16 (Farm household allowance)

Help for farmers and their families experiencing financial hardship

Rural financial counselling Contact Rural Business Support 1800 836 211

Free, confidential and impartial business support and information to primary producers

Farm Support PIRSA 1800 182 235

Rural Financial Services

Centacare Drought Assistance Outreach Programs 08 8531 8888

For Family & Relationship Counselling; and Community Mental Health Support

National 24-Hour Counselling

Lifeline 13 11 14 www.lifeline.org.au

Mensline 1300 78 99 78 www.mensline.org.au

Suicide Call Back Service 1300 659 467 www.suicidecallbackservice.org.au

Beyond Blue 1300 22 4636 www.beyondblue.org.au

Kids Helpline on 1800 551 800 www.kidshelpline.com.au

This project is funded through the Australian Government National Landcare Programme



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Support Services for South East Rural Communities

Regional Health Services - Helpful Websites

ac.care Drought Assistance

www.accare.org.au

Integrated Mental Health Team

www.countryhealthsa.sa.gov.au

Mind Australia Drought Assistance & Mental Health

www.mindaustralia.org.au

Farmer Assistance Hotline

www.humanservices.gov.au (Farm household allowance)

Rural financial counselling

www.ruralbusinesssupport.org.au

Farm Support PIRSA

www.pir.sa.gov.au

Centacare Drought Assistance Outreach Programs

www.centacare.org.au

Natural Resources South East Dry Times Management

www.naturalresources.sa.gov.au/southeast

Useful links, tools and resources to assist you with farm and financial management decisions.

- Regional outlook
- Livestock management
- Crop and soil management
- Financial help
- Looking after your mental health

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