One conversation at the right time with the right person can change everything.

Rural Aid provides free emotional and mental health support to people living and working in rural and remote communities.

We offer short term or formal counselling conversations and practical help to work with you through difficult times.

We can talk on the phone or visit farmers on their properties, meaning our counsellors are more than happy to have a cuppa and a yarn.

If you are a farmer, a farming family or you know of someone who is experiencing stress from drought, fires, floods, agri-stress, relationships, farm life in general or any other hardship impacting on your/their wellbeing, contact us for confidential support.

RURAL aid AUSTRALIA

For futher information email | **mhwb@ruralaid.org.au**

1300 17 55 94 | Monday to Friday | 9am-4pm

After hours calls will be returned the next working day | If you or someone else needs immediate help, **call 000** or **Lifeline on 13 11 14** | If calling on behalf of someone else, make sure they're ok with it.