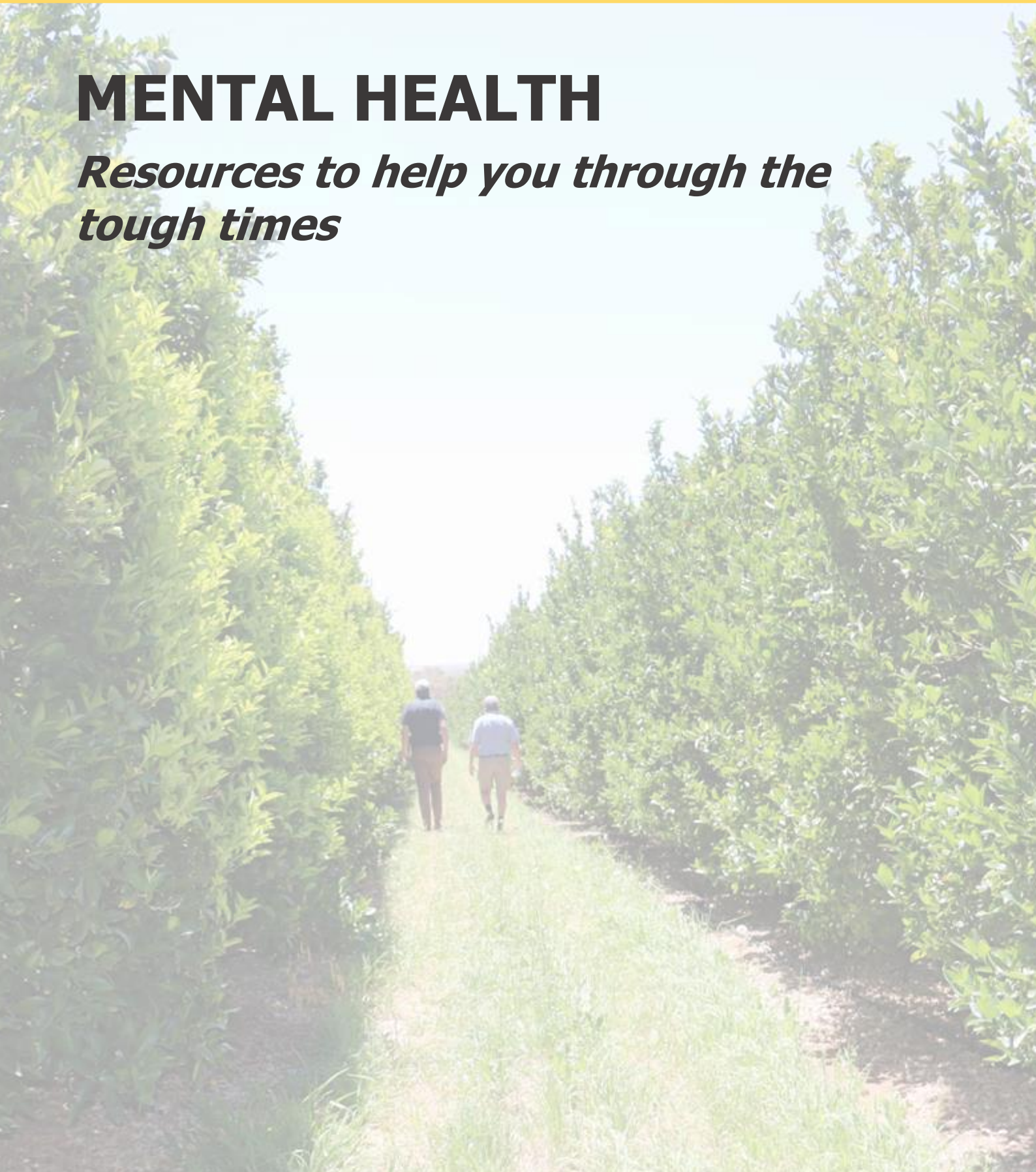




MENTAL HEALTH

Resources to help you through the tough times





If you are concerned about your own or someone else's mental health, please call Lifeline on 13 11 14.

If you or someone else is in immediate danger, call 000.

Anyone experiencing severe or prolonged mental health issues are advised to seek help from a qualified professional. Referrals can be obtained by visiting your GP.

WELCOME

As we all know these are strange times like we have never experienced before. COVID-19 has affected everyone, and we all cope in different ways. Sometimes we think we are coping better than we are, and sometimes we pretend that we are fine when we know we are not.

We can all feel the stress of life and work; have trouble sleeping; feel depressed; drink too much; worry about our partner or mate; or just need to debrief or chat to someone.

Here at Citrus Australia, we have compiled a list of links to national phone and online counselling services that provide 24/7 support, and to mental health support services in your area.

So, if you are doing it tough and just need a chat or some good advice, take a break, grab a coffee and check out the information below and make a call.

Make sure you are connected to the internet. Click on any of the [blue](#) text to visit the relevant website.



NATIONAL PHONE & ONLINE COUNSELLING SERVICES - 24/7 SUPPORT

Sometimes we just need someone to talk to. It is good to know that you can contact the services listed below seven days a week at any time of the day or night.

- [Lifeline](#) – 13 11 14 – 24/7 Crisis Support – online chat available
- Lifeline – Non-English speakers – call the [Translating and Interpreting Service](#) on 13 14 50 and ask to speak to Lifeline
- [Suicide Call Back Service](#) – 1300 659 467 – 24/7 telephone support and counselling for anyone affected by suicide – online chat available
- [Beyond Blue](#) –1300 224 636 – 24/7 mental health counselling, support and referral assistance – online chat available
- [MensLine Australia](#) – 1300 78 99 78 – talk with a counsellor anywhere, anytime – online chat available
- [Yarning SafeNStrong](#) – 1800 959 563 – free and confidential 24/7 counselling service for Aboriginal and Torres Strait Islander Peoples.
- [Brother to Brother Crisis Support Line](#) – 1800 435 799
Brother to Brother is a 24-hour crisis line for Aboriginal and Torres Strait Islander men of all ages established to provide extra support during the coronavirus (COVID-19) pandemic.

MENTAL HEALTH SUPPORT SERVICES

Check out the support services below to find help in your area and state. Many of these services are only available during business hours.

National

- [FarmHub](#)
- [Salvation Army](#) – 1300 551 030
- [Rural & Remote Mental Health](#) – 1300 515 951
- [National Centre for Farmer Health](#) – [Managing Stress on the Farm](#)
- [Black Dog Institute](#)
- [Are You Boggled Mate?](#)
- [Rural Financial Counselling Service Network](#) – 1300 771 741

North-West Victoria

- [Rural Financial Counselling Service Victoria West](#) – 1300 735 578
- [Anglicare Victoria](#) – 1800 809 722
- [CatholicCare Victoria](#) – 5051 0000
- [Mallee Family Care](#) – 5023 5966



- [Sunraysia Community Health Services](#) – 5022 5444
- [Swan Hill District Health](#) – 5033 9300
- [Partners in Wellbeing Helpline](#) – 1300 375 330

South-West NSW and Riverina

- [Rural Financial Counselling Service](#) – 1800 319 458
- [Rural Adversity Mental Health Program](#) – 02 6363 8444
- [Mental Health Line](#) – 1800 011 511

Riverland

- [Rural Business Support](#) – 1800 836 211
- [ifarmwell](#)

Queensland

- [Hand Up Information & Resources](#) – handy contacts and links about drought assistance, financial and legal aid, health services and family support for Burnett Inland communities
- [Rural Financial Counselling Service North Queensland](#) – 07 4652 5669
- [Rural Financial Counselling Service Southern Queensland](#) – 1300 732 777
- [Queensland Mental Health Commission 1300 MH CALL](#) – 1300 642 255

Western Australia

- [Rural Financial Counselling Service of WA](#) – 1800 612 004
- [Western Australia's rural support services](#)

Northern Territory

- [Rural Business Support](#) – 1800 836 211
- [Mental Health NT](#) – 1800 682 288

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If you or someone else is in immediate danger, call 000.