



**Your local Farmgate Support Worker:**

**Emergency?  
Call 000 or Lifeline 13 11 14**

### Additional Help Services

**Lifeline - 13 11 14**

24/7 confidential crisis support

**NSW Mental Health Line - 1800 011 511**

24/7 telephone assessment and referral service

**Alcohol & Drug Information Service**

**1800 250 015 (24/7)**

Information, support, referral and counselling on drugs (legal and illegal) and alcohol, and parents advice and assistance

**Suicide Call Back Service 1300 659 467**

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

24/7 telephone support and counselling for anyone affected by suicide

**Beyond Blue – 1300 224 636**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

24/7 mental health counselling, support and referral assistance

**Men’s Helpline – 1300 789 978 (24/7hrs)**

[www.mensline.org.au](http://www.mensline.org.au)

Information and referral services for men with family and relationship concerns

**Kids Helpline 1800 55 1800**

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Young people 5-25 years old



**Health**  
Hunter New England  
Local Health District

# Support That Comes To You



## Farmgate Support Program

**0477 322 851**

## Farmgate Support Program

The Farmgate Support program is a **FREE mobile service** available across the Hunter New England Local Health District.



### Who can get help?

We provide free and confidential support to those affected by life on the land or any of the stressors of everyday life in a rural community.

This could be anyone...

- Farmers and farming families
- Local businesses and shop owners
- Front line service/business providers
- Anyone who is experiencing stress from the drought, bushfires, floods or COVID 19

### Why talk to us?

The Farmgate Support Team is a group of everyday local people with lived experience of rural life. We understand how drought, floods, fires and now COVID19 may impact your life, including your wellbeing and we are here to support you.

Whether you require short term conversations and information; need practical help on where to go for financial help or other advice; or would like to talk to one of our Farmgate counsellors, we are here to help.



### We come to you

- We are able to visit and provide service on farms, in homes and at businesses
- Visits can also be arranged at any other place where confidentiality can be guaranteed – your favorite coffee shop, the local park, wherever works for you

### It's easy...

There are no initial forms to sign. No referrals required from your GP. All you need do is contact us.

- You can call or email yourself
- Or someone else can call for you

You can call also for someone else. Just check that's okay before you do.



**Get in Touch**  
**Call 0477 322 851**

or

**Email**

[HNELHD-FarmgateSupport@health.nsw.gov.au](mailto:HNELHD-FarmgateSupport@health.nsw.gov.au)