SUPPORT IN RURAL COMMUNITIES

EML

There are a range of support services that you, your family and support networks may be able to access online and in your local community to supplement the support you are receiving through your workers compensation claim*. This fact-sheet can assist you to locate additional services which could help you in your recovery. Many of these services are free or low cost. The important thing is to find the right support that works for you.

IF YOU NEED IMMEDIATE CRISIS ASSISTANCE.

DIAL 000

* Please note that these supports or services are not provided or compensable under your workers compensation claim. These are additional and alternative options that you and your support network may be able to access in the community, online and through the government. Please contact the organisation directly to confirm any specific eligibility criteria, what services they offer and what their process is.

Rural and Remote Mental Health

T: 1300 515 951
W: rrmh.com.au

Rural and Remote Mental Health offer programs for individuals who live and work in the challenging environments of rural and remote Australia. This includes programs and resources developed for those in mining and resource industries as well as those living in rural agricultural and farming communities.

Salvation Army

W: salvationarmy.org.au/need-help

The Salvation Army provides social services across a wide range of areas such as housing, finding employment, family and domestic violence, homelessness, rural support and youth services.

Rural Aid

W: ruralaid.org.au

Rural Aid's assistance for primary producers includes wellbeing support, fodder support, domestic water deliveries, financial assistance, farm volunteers, educational resources and other supports.

The Royal Australian and New Zealand College of Psychiatrists (RANCP)

W: ranzcp.org/practice-education/ rural-psychiatry

RANCP is responsible for training, educating and representing psychiatrists in Australia and New Zealand. They have resources and links on their website to assist providers in rural settings.

Black Dog Institute

Black Dog provides e-Mental health programs:

blackdoginstitute.org.au

Health practitioners in rural areas have access to additional support through the provision of education and training material they can access remotely via the internet.

Centre for Rural and Remote Mental Health

W: crrmh.com.au

Centre for Rural and Remote Mental Health aims to bring quality education and research programs to all rural areas of NSW through effective partnerships. self-help tools.

Services for Australian Rural and remote Allied Health (SARRAH)

W: sarrah.org.au

SARRAH represent rural and remote allied health professionals who work in public and private areas, including pharmacists, psychologists and social workers.

we help people get their lives back