

ACTFORAG Additional Resources/Links

If you feel that you need additional support or are concerned about others around you here are a few extra options:

- **Your GP** – your local GP can provide you with a Mental Health Care Plan which provides either access to free psychological sessions if available, or a Medicare rebate with a private provider
- **Regional Access** – 1300 032 186 – up to 3 free telephone counselling sessions for rural South Australia
- **Rural Health Connect** – <https://www.ruralhealthconnect.com.au/> – connect with a psychologist for zoom or telephone sessions
- **National Centre for Farmer Health** – <https://www.farmerhealth.org.au/access-a-psychologist-online> – Psychology services online

Emergency support

- **Lifeline** – 13 11 14

For further training or information

- **Suicide Prevention Training QPR** – 3 simple steps to help save a life from suicide – provided through <https://www.countrysaphn.com.au/phnactivity/national-suicide-prevention-trial/qpr-online> – 1 hour online training with simple skills for suicide prevention
- **www.ifarmwell.com.au** – 5 module online course on strategies for managing stress in farming (www.ifarmwell.com.au/what-to-do-in-a-crisis/ – bookmark for easy access)

Farmer health - stress and coping

- <https://www.farmerhealth.org.au/page/health-centre/stress-and-farming-coping-tips>

Other helpful websites

- <https://headtohealth.gov.au/>
- www.beyondblue.org.au
- www.blackdoginstitute.org.au
- www.psychology.org.au
- www.reachout.com.au
- www.cultivatepsych.com.au/helpful-resources

