

If you or someone else needs  
immediate help – call 000

### Additional Support Services

**Life Line** – 13 11 14  
24/7 confidential crisis support

**NSW Mental Health Line** – 1800 011 511  
24/7 telephone assessment & referral

**Beyond Blue** 1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
24/7 mental health counselling, support and referral

**Alcohol & Drug Information Service**  
1800 250 015 (24/7)  
Information, support referral & counselling on drugs  
and alcohol

**Kids Helpline** (24hrs) 1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
Young people 5-25 years old

**Suicide Call Back Service** 1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)  
24/7 telephone support & counselling for anyone  
affected by suicide

**Men's Helpline** 1300 789 978  
[www.mensline.org.au](http://www.mensline.org.au)  
24/7 information & referral service for men with family  
and relationship concerns



**Health**  
Hunter New England  
Local Health District

## Referral

### It's Easy.....

**You just phone or email yourself**  
(If you are phoning for someone else, just  
check it is O.K first)

**0477 322 851**

Monday to Friday 8.00am – 4.30pm

(After hour calls welcomed – just leave a  
message and Farmgate staff will return your  
call the **next working day**)

**Email**

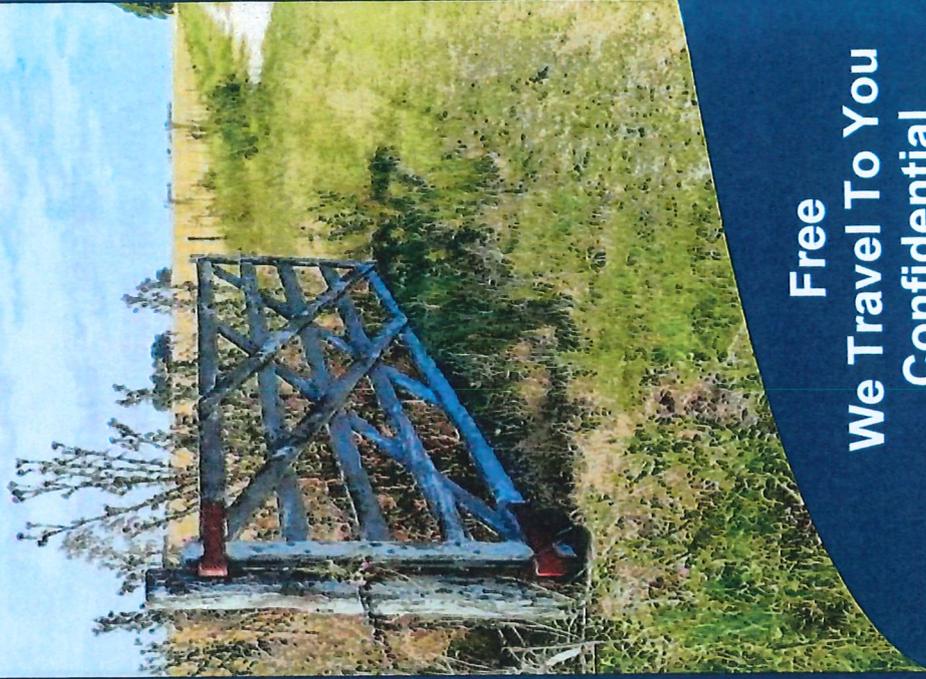
[HNELHD-FarmgateSupport@health.nsw.gov.au](mailto:HNELHD-FarmgateSupport@health.nsw.gov.au)

Your local Farmgate support worker:

**Donna Symes**

**0438 865 978**

# Farmgate Support Program



**Free  
We Travel To You  
Confidential**

## Who Can Get Help



Anyone experiencing stress from drought, fires, floods, COVID or other hardships

Farmers and farming families

Front line service/business providers

Local Businesses

Contract/seasonal workers

## We Will Travel To You



Visits can be arranged on your farm, home or place of business OR any other place of convenience like your favourite coffee shop



The Farmgate Support Program provides **free** emotional and mental health support to people living and working in rural & remote communities



The Farmgate team offer short term conversation or formal counselling

Practical help in finding alternative support for your current needs and circumstances