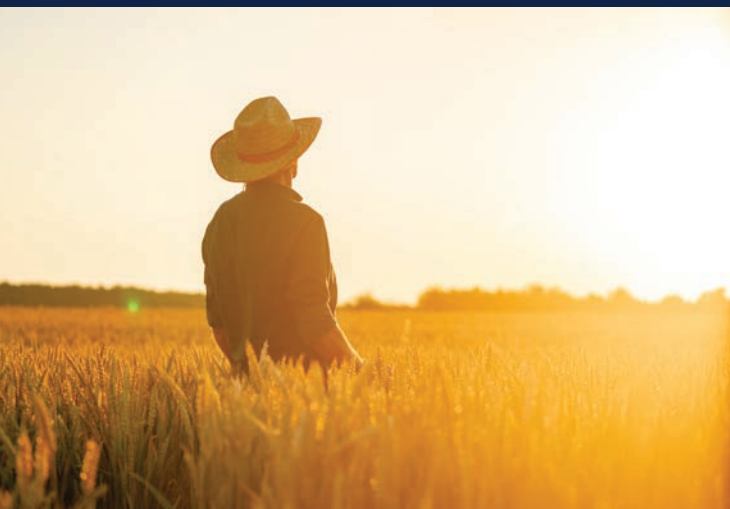


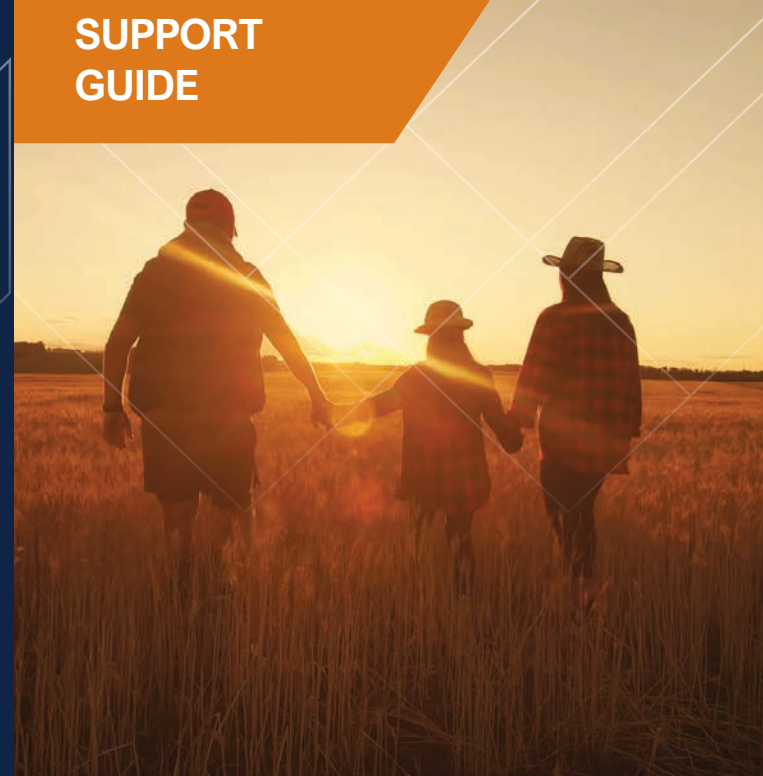


The development of mineral sand mining projects in the region may bring stress or uncertainty for some.

This information shares a number of contacts and suggestions for access to resources, support and assistance if required.



LANDHOLDER AND FARMER SUPPORT GUIDE



Financial and Mental Health Resources



FINANCIAL ADVICE & COUNSELLING

RURAL FINANCIAL COUNSELLING SERVICE (RFCS) - VICTORIA WEST

RFCS is a free and confidential service to provide farmers and regional small businesses with individual support to make the right decisions for their business. RFCS also offer wellbeing. Eligibility criteria for free service - farmer or primary producer and facing financial challenges. In some instances where they can't assist directly, RFCS will refer you to a service provider who can.

T: 1300 735 578

E: admin@wswracs.com.au W: www.wswracs.com.au

RURAL OUTREACH PROGRAM

The Rural Outreach Program provides free mental health and wellbeing support to people living in rural and regional communities across the Wimmera Southern Mallee Shires. Our team can come to you at home, on the farm, or anywhere you feel safe and comfortable. We can also provide support via phone or Telehealth.

T: 1300 OUTREACH (1300 688 732)

FARMER ASSISTANCE HOTLINE

The Farmer Assistance Hotline, provides support to farmers experiencing financial hardship or other challenges, offering assistance with Government programs and connecting them with resources and services.

The hotline is available Monday to Friday, 8 am to 5 pm AEST. The hotline can connect farmers with Rural Financial Counsellors, who can provide free, confidential financial advice and support.

T: 13 23 16

MELI

Meli is a Victorian not-for-profit committed to strengthening communities through supporting people. They offer a range of services to support members of our community throughout their lifetime, from early childhood through to adolescence and adulthood.

They provide a free, confidential, and nonjudgemental financial counselling services to people experiencing financial hardship, including debt, job loss, insurance claims, fines, or any form of financial distress.

T: 03 5526 8900

E: info@meli.org.au W: www.meli.org.au

SUPPORT & COUNSELLING

A good first step is seeing your GP. If you're feeling overwhelmed, low, anxious, drinking more, or just not yourself, it's worth having a chat. Your doctor can check in on how you're doing and help find the right mental health support — like a psychologist, counsellor, psychiatrist, or mental health nurse. Some services are covered by Medicare, though there may be some out-of-pocket costs. Support is available in person or via telehealth — whatever suits you best.

TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

T: 0488 846 988

To speak to a qualified professional call or text (Mon-Fri 8am-10pm AEST).

W: www.tiacs.org

GRAMPIANS MENTAL HEALTH AND WELLBEING CONNECT

Support for family members, carers, kin and supporters of people with mental health and/or substance use challenges.

T: 1800 962 008

E: GrampiansMHWConnect@mindaustralia.org.au

GRAMPIANS COMMUNITY HEALTH - COUNSELLING

To speak to an Intake Worker. Appointments available in Ararat, Horsham, Stawell, Nhill, St Arnaud, Warracknabeal and Edenhope.

T: 5358 7400

FIRST NATIONS: GOOLUM GOOLUM ABORIGINAL CO-OPERATIVE WELLBEING WORKERS

T: 5381 6330

E: reception@goolumgoolum.org.au

HEADSPACE HORSHAM

Headspace Horsham supports young people between the ages of 12-24 years and provides free counselling and support.

T: 5381 1543

E: info.headspacehorsham@vt.uniting.org

W: www.headspace.org.au

24/7 & CRISIS SERVICES

EMERGENCY (000)

000

If you or someone you know is in danger call 000

LIFELINE

13 11 14

A national 24-hour telephone and online counselling service for all ages.

www.lifeline.org.au

MENSLINE AUSTRALIA

1300 789978

A national 24-hour telephone and online counselling service for men.

www.mensline.org.au

SUICIDELINE

1300 651 251

SuicideLine is a 24/7 telephone counselling service in Victoria offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide.

www.suicideline.org.au

SUICIDE CALLBACK SERVICE

1300 659 467

Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.

www.suicidecallbackservice.org.au

1800RESPECT

1800 737 732

1800RESPECT is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence.

www.1800respect.org.au

13YARN

13 92 76

13YARN is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline. This is a free and confidential service.

www.13yarn.org.au

GAMBLING HELP ONLINE

1800 858 858

Free online support for anyone affected by gambling. Available 24/7 across Australia.

www.gamblinghelponline.org.au

ALCOHOL AND/OR DRUG COUNSELLING ONLINE

Counselling Online is a free, confidential service that provides 24/7 support to people affected by alcohol or drug use across Australia.

www.counsellingonline.org.au

PHONE COUNSELLING

CARING FOR SOMEONE

YOUTH SPECIFIC