



WE CAN  
**help**

[ruralaid.org.au/counselling](http://ruralaid.org.au/counselling)

**Rural Aid** is committed to supporting our farmers and rural communities. Our tailored counselling program helps build emotional resilience and aims to reduce stress, depression and suicide in rural areas.

We employ qualified and nationally-registered counsellors to provide mental wellbeing support services to farmers and their families.

1300 327 624

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**One conversation  
at the right time  
with the  
right person,  
can change  
everything.**

”

**We're  
here  
for you**

**We can support you with:**

- Strengthening healthy & positive connections
- Natural Disaster resilience building
- Strategies to manage loneliness & isolation
- Managing financial stress/exhaustion
- Understanding loss & grief
- Communication skills - marital & relationship issues
- Preventing & managing stress, depression & anxiety



**Please  
call  
us:**

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