

Counselling options and resources

Open Road Counselling

Professional mental health support for farming families, their staff and others working in the agricultural sector.

www.openroadcounselling.com.au

0409 181 784

Rural Health Connect

A platform where you can find a mental health professional to suit your needs. Read their profile, see their next available appointment time etc.

www.ruralhealthconnect.com.au

Marcus Minds

A platform to help farmers & rural professionals learn new techniques & skills to deal with the inevitable challenges of farming and agriculture.

www.marcusminds.com

National Centre for Farmer Health

Back on Track: A peer-guided mental health program for farmers.

www.farmerhealth.org.au

TIACS

Six free phone or text counselling sessions with a counsellor who understand life on the land.

www.tiacs.org

0488 846 988

iFarmwell

An online kit to help farmers cope effectively with life's challenges to get the most out of every day, regardless of the circumstances they face.

www.ifarmwell.com.au

Mojo Crowe

A simple, structured way to learn and practice daily tools to enhance your self development through exercises, videos & podcasts.

www.mojocrowe.com

Dairy Australia

Access to business plans, risk management tools & insights that support decision making & improving profitability.

www.dairyaustralia.com.au

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supporting farmers, their families and staff