

Gorst Rural



Extending a hand



Local Community Support Contacts

Lake Bolac Bush Nursing Centre

Registered nurses available to talk to on
03 5355 8700 or walk in between 9am-5pm Mon-Fri

Beaufort Skipton Health Services

Registered nurses and social workers available to talk
to on 03 5340 1100 appointments available
most days

Rural Outreach

Mal Coutts—Servicing the Wimmera, Mallee, and our
area - primarily through Telehealth but also face to
face by appointment - Call the team on
1800 OUTREACH or Mal on 0418 981 210

All services have been verified by Gorst Rural. There are
a number of Gorst Rural team members also trained with
mental health first aid – For more information please scan
the QR code

Royal Flying Doctor Welbeing Service

Face to face appointments at Lake Bolac, or
telehealth, to book call 03 8412 0480

Virtual Psychologists

Clinical psychologist available between 8am-10pm for
a text only service on 0488 807 266

www.IFarmWell.com.au

A website, podcast and self paced mental health
response modules - created by farmers for farmers

Rural Financial Counselling Service - Western Vic

Independent financial counselling and wellbeing
support to farmers and small businesses - For an
appointment call 1300 735 578 - they come to you