

**July 2024 (part B)**

# Dry seasons support for farmers

Agriculture Victoria continues to monitor seasonal conditions across the state.

Below average rainfall has occurred across most of the state during autumn and winter. Autumn and winter are critical time for adequate rainfall for cropping, livestock and dairy production.

Agriculture Victoria is continuing to monitor and assess seasonal conditions with a focus on south-west Victoria and is delivering tailored services to support farmers.

The Bureau of Meteorology and other global climate models currently forecast likely warmer minimum and maximum temperatures over the coming months.

Most models predict both a La Nina and a positive Indian Ocean Dipole to form in winter 2024. This is rare and indicates an uncertain outlook, with both wetter and drier conditions possible.

The Victorian Government supports farmers to prepare for and respond to dry seasonal conditions and drought.

## Personal wellbeing support

### National Centre for Farmer Health

The National Centre for Farmer Health is supporting primary producers through the delivery of initiatives to boost farmer mental health and wellbeing, including:

- Distribution of mental health resources and support information
- **'Managing Stress on the Farm'** book explores the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, to help individuals manage their mental health with practical, useful steps.

**More information** is available on the [National Centre for Farmer Health website](#).

### GPs and community health care providers

If in need of support during difficult times, visit your local Doctor (GP).

Community health services also provide a range of primary health care services that could include acute hospital care, medical centre, home and community care, district nursing, women's health, allied health services (podiatry, occupational therapy etc.), counselling, pharmacy, referrals. Contact your GP or local Community Health service.

### Rural Flying Doctor Service – Flying Doctor Wellbeing

Flying Doctor Wellbeing is a free mental health and wellbeing service for people in rural and remote Victorian communities.

**More information** is available at [Flying Doctor Wellbeing](#)

**Contacts:** email [wellbeing@rfds.vic.gov.au](mailto:wellbeing@rfds.vic.gov.au) or 03 8412 0480

## Personal wellbeing contacts

National Centre for Farmer Health	Support resources and services for emotional and social wellbeing, farm business support, information for rural and health professionals, rural support organisations.	Call (03) 5551 8533 <a href="http://farmerhealth.org.au">farmerhealth.org.au</a>
Australian Red Cross	For people affected by Victorian Severe Weather and Flood.	1800 733 276 <a href="http://redcross.org.au/">redcross.org.au/</a>
Lifeline	24/7 crisis support and suicide prevention services.	131 114 <a href="http://lifeline.org.au">lifeline.org.au</a>
Beyondblue	24/7 telephone information and support to help everyone in Australia achieve their best possible mental health.	1300 224 636 <a href="http://beyondblue.org.au">beyondblue.org.au</a>
MensLine Australia	24/7 service for men with relationship and family concerns.	1300 78 99 78 <a href="http://mensline.org.au">mensline.org.au</a>
Family Relationship Service	Providing families with access to information about family relationship issues.	1800 050 321 <a href="http://familyrelationships.gov.au">familyrelationships.gov.au</a>
Mental Health Care Plan	Provides Medicare rebates for up to 10 individual or 10 group appointments per year with a psychologist, occupational therapist or social worker.	Contact your GP for a referral <a href="http://healthdirect.gov.au/mental-health-care-plan">healthdirect.gov.au/mental-health-care-plan</a>
Kids Helpline	Confidential telephone counselling service for young people aged 5 to 25.	1800 551 800 <a href="http://kidshelpline.com.au/">kidshelpline.com.au/</a>
Parentline	Counselling and information for families with children up to 18 years. Open 8am to midnight, seven days.	132 289 <a href="http://parentline.com.au/">parentline.com.au/</a>
NURSE-ON-CALL	Expert health information and advice (14 hours, 7 days)	1300 60 60 24
Rural Aid	Rural Aid offers free, confidential counselling to Rural Aid registered farmers and their families. Rural Aid also provides critical support to farmers affected by natural disaster through financial, water, fodder and volunteer assistance.	1300 327 624 <a href="mailto:contact@ruralaid.org.au">contact@ruralaid.org.au</a> <a href="http://www.ruralaid.org.au">www.ruralaid.org.au</a>
Better Health Channel	Health and medical information that is quality assured, reliable, up to date, easy to understand, regularly reviewed and locally relevant.	<a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a>

## Government and agency contacts

### Agriculture Victoria

Agriculture Services	Agriculture Services works with farmers and industry to prepare for dry seasonal conditions. from	<a href="#">136 186</a> <a href="mailto:recovery@agriculture.vic.gov.au">recovery@agriculture.vic.gov.au</a>
Technical information	The Agriculture Victoria website has a wide of range of information and guidance on issues such as animal welfare, drought planning, assessing pasture resources, measuring feed on offer, stock containment areas and tools for making rations.	<a href="http://www.agriculture.vic.gov.au">www.agriculture.vic.gov.au</a>

### Local government

Local Councils	Find contact details for your local shire council	<a href="http://www.vic.gov.au/know-your-council">www.vic.gov.au/know-your-council</a>
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### Water corporations and services

15 water corporations provide water supply (including recycled water) and sewerage and trade waste disposal services to customers throughout Victoria.

Barwon Water	1300 656 007 <a href="mailto:info@barwonwater.vic.gov.au">info@barwonwater.vic.gov.au</a>
Central Highlands Water	1800 061 514 <a href="mailto:customer.enquiries@chw.net.au">customer.enquiries@chw.net.au</a>
Coliban Water	1300 363 200 <a href="mailto:coliban@coliban.com.au">coliban@coliban.com.au</a>
East Gippsland Water	1800 671 841 <a href="mailto:egw@egwater.vic.gov.au">egw@egwater.vic.gov.au</a>
Gippsland Water	1800 050 500 <a href="http://www.gippswater.com.au/contact-us">www.gippswater.com.au/contact-us</a>
Goulburn Valley Water	1800 454 500 <a href="mailto:mail@gvwater.vic.gov.au">mail@gvwater.vic.gov.au</a>
Lower Murray Water	1800 808 830 <a href="mailto:contactus@lmw.vic.gov.au">contactus@lmw.vic.gov.au</a>
North East Water	1300 361 644 <a href="mailto:info@newater.com.au">info@newater.com.au</a>
South Gippsland Water	1300 851 636 <a href="mailto:sgwater@sgwater.com.au">sgwater@sgwater.com.au</a>
Wannon Water	1300 926 666 <a href="mailto:info@wannonwater.com.au">info@wannonwater.com.au</a>
Westernport Water	1800 249 090 <a href="mailto:westport@westernportwater.com.au">westport@westernportwater.com.au</a>

Four of the water corporations provide rural water services which comprise of water supply, drainage and salinity mitigation services for irrigation, domestic and stock purposes.

Southern Rural Water	1300 139 510 <a href="mailto:srw@srw.com.au">srw@srw.com.au</a>
Goulburn-Murray Water	1800 064 184 <a href="mailto:reception@gmwater.com.au">reception@gmwater.com.au</a>
Grampians Wimmera Mallee Water	1300 659 961 <a href="mailto:info@gwmwater.org.au">info@gwmwater.org.au</a>
Lower Murray Water	1800 808 830 <a href="mailto:contactus@lmw.vic.gov.au">contactus@lmw.vic.gov.au</a>

### Catchment Management Authorities

Catchment Management Authorities (CMAs) are responsible for the integrated planning and coordination of land, water and biodiversity management in each catchment and land protection regions. These 10 authorities have the lead role in developing and delivering regional programs for waterway management.

Corangamite CMA	1800 002 262 <a href="mailto:info@ccma.vic.gov.au">info@ccma.vic.gov.au</a>
East Gippsland CMA	03 5152 0600 <a href="mailto:reception@egcma.com.au">reception@egcma.com.au</a>
Glenelg Hopkins CMA	03 5571 2526 <a href="mailto:ghcma@ghcma.vic.gov.au">ghcma@ghcma.vic.gov.au</a>
Goulburn Broken CMA	03 5822 7700 <a href="mailto:reception@gbcma.vic.gov.au">reception@gbcma.vic.gov.au</a>
Mallee CMA	03 5001 8600 <a href="mailto:reception@malleecma.com.au">reception@malleecma.com.au</a>
North Central CMA	03 5448 7124 <a href="mailto:info@nccma.vic.gov.au">info@nccma.vic.gov.au</a>
North East CMA	1300 216 513 <a href="mailto:necma@necma.vic.gov.au">necma@necma.vic.gov.au</a>
Melbourne Water (formerly Port Phillip and Westernport CMA)	131 722 <a href="mailto:enquiry@melbournewater.com.au">enquiry@melbournewater.com.au</a>
Wimmera CMA	03 5382 1544 <a href="mailto:wcma@wcma.vic.gov.au">wcma@wcma.vic.gov.au</a>
West Gippsland CMA	1300 094 262 <a href="http://www.wgcma.vic.gov.au/about-us/contact-us">www.wgcma.vic.gov.au/about-us/contact-us</a>