

Local Community Support Contacts

LAKE BOLAC

The Royal Flying Doctor Service (RFDS)  Royal Flying Doctor Service

- Wellbeing Team.

Leon Martin— Mental Health Occupational Therapist, and advocate for increasing access to mental health services in rural and regional areas. Leon provides free and confidential mental health and wellbeing support locally at the Lake Bolac Bush Nursing Centre or via Telehealth to surrounding areas. No GP referral is required to access this service. Contact the Flying Doctor Wellbeing team directly on (03) 8412 0480 or email: wellbeing@rfdsvic.com.au



<https://www.flyingdoctor.org.au/vic/what-we-do/wellbeing/>

LAKE BOLAC

Lake Bolac Bush Nursing Centre

Open from 9am—5pm Mon-Fri.

Registered nurses on hand, doors are open if you want to walk in or phone them on 03 5355 8700.



Gorst Rural

Lake Bolac, Tatyoon, Willaura, Skipton, Derrinalum



Open from 8am—5:30pm Mon-Fri.

Friendly staff members always open to listen.

There are also members of the team that are trained in Mental health first aid.

www.gorstrural.com.au

SKIPTON / BEAUFORT

Beaufort and Skipton Health



Service—Social Work & General Counselling.

Appointments available most days in Beaufort and Skipton, no referral needed, cost is \$10 per session.

Phone Beaufort on 03 5349 1600 or Skipton on 03 5340 1134.

Rural Outreach Program

Mal Coutts—Rural Outreach

Worker servicing Wimmera &

Southern Mallee, in conjunction with Mellow in the Yellow funding Mal does service our area, primarily through Telehealth but also face to face by appointment.

1800 OUTREACH or 0418 981 210



Virtual Psychologist

Free "TEXT ONLY" service for people in rural areas.

Send a text to **0488 807 266** for help between 8am and 10pm, also access available via Facebook messenger.



IFarmWell—<https://ifarmwell.com.au/>

Designed by Australian farmers to help other Australian farmers cope effectively with life's challenges.

Contains a practical tool kits, crisis information, practical tips and information, and podcast links.



Southern Farming Systems, Hamilton, Streatham, Rokewood, Geelong
Supporting mixed farming with innovative and independent research and information.

South West Node of the Victoria Drought Hub

www.sfs.org.au



This project is supported by Gorst Rural

outhern farming systems, through funding from the Australian Government's Future Drought Fund.



Australian Government
Department of Agriculture,
Water and the Environment



**Future
Drought
Fund**

