

# Drought related stress Resources

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Currently the situation in NSW sees much of the state experiencing widespread drought conditions. During these periods of drought, farmers and their communities will often experience significant levels of stress with mental and physical health often forgotten.

The following list of resources has been developed to assist you identify what support is available during this time.

## Consumer Information

The [Rural Adversity Mental Health Program \(RAMHP\)](#) is a state-wide program funded by the NSW Ministry of Health that links rural people to the help they need. RAMHP is managed by the [Centre for Rural and Remote Mental Health \(CRRMH\)](#), in partnership with each of the rural NSW Local Health Districts.

- Fact sheet: [Let's talk managing stress during drought](#)
- Fact sheet: [Let's talk Seeing a GP about your mental health](#)
- Podcast: [Coping with Drought](#) (a discussion around the issue of drought, the importance of staying connected and access support)
- Podcast: [Rural LGBTIQ Communities](#) (a discussion around the issues that impact on rural LGBTIQ communities and their mental health)
- Poster: [How are you going?](#)
- Poster: [How are you going?](#) (Youth resource)

The [Rural Resilience Program](#) is a state-wide program funded by the NSW Department of Primary Industries. The program works in partnership with farming communities and service providers to help farming family's link into existing services and initiatives. Individuals can contact Southern NSW Rural Resilience Officer Ted O'Kane **Mob:** 0427 781 514 **email:** [ted.o'kane@dpi.nsw.gov.au](mailto:ted.o'kane@dpi.nsw.gov.au)

- Video: [Rural Resilience Program](#)

[Drought Hub](#) NSW DroughtHub provides a one-stop online destination for information on a vast range of financial and wellbeing services and support available to primary producers, their families and communities to prepare for and manage drought.

- Information Sheet: [Emergency Drought Relief Package](#)

[Lifeline South Coast](#) have developed a tool kit for people living in drought affected communities. It has been designed to provide practical tips to assist those living in drought affected areas to care for themselves and those around them.

- Fact Sheet: [Your tool kit for getting through the drought](#)

[ReachOut](#) have developed an online resource designed to help people cope and stay hopeful.

- Online resource: [Digital Drought Care Package](#)

[ifarmwell](#) is a website that has been designed to help Australian farmers cope with life's challenges. Individuals have access to tips and resources to help them get the most out of every day.

- Online resource: [When and how to seek additional help](#)

## Telephone support services

**Virtual Psychologist** - In conjunction with Aussie Helpers, Virtual Psychologist offers free 24 hour psychological counselling services to drought affected farmers via SMS, online chat, email and phone. Where applicable, face to face services on farming properties may be provided. Individuals can self refer by: SMS: **0488 807 266** Phone: **1300 665 234**

Email: [admin@virtualpsychologist.com.au](mailto:admin@virtualpsychologist.com.au)

Online chat: <http://virtualpsychologist.com.au/home/>

**Alcohol Drug Information Service** - a confidential and anonymous information, counselling, advice and referral service. Available 24/7 Phone: **1800 422 599**

**Beyond Blue Support Service** - offers 24/7 confidential telephone support, counselling and referrals from trained mental health professionals. All calls and chats are one-on-one and are completely confidential. Phone: **1300 224 636**

**Lifeline** - A 24-hour crisis support and suicide prevention service, including toolkits and information sheets and lifeline service finder. Crisis phone line **13 11 14** (24 hours, 7 days per week).

**Mensline** - 24/7 telephone and online support, information and referral service for men. The service is staffed by professional counsellors, experienced in men's issues. Phone: **1300 789 978**

**NSW Mental Health Line** – 24/7 telephone assessment and referral service staffed by mental health clinicians providing advice about clinical symptoms, the urgency of the need for care and information about local service providers. Phone: **1800 011 511**

**Headspace** - young people aged 12 to 25 years and their families to chat, email, or talk with a qualified youth mental health professional. Counselling via - email or online web chat or phone: **1800-650-890**

**1800 Respect** – This 24/7 service provides sexual assault, family and domestic violence counselling by qualified, experienced professionals. Phone: **1800 737 732**

## E-Mental Health therapy and resources

**Head to Health** – An Australian Government website, the head to health hub is a one-stop online destination for information, free online courses and / or phone support that most suit your needs. [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

**e-Couch** - an online self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It provides evidence-based information and teaches strategies drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity. [www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au)

**moodgym** - a free, interactive program designed to teach cognitive behaviour therapy skills for preventing and coping with depression. [www.moodgym.edu.au](http://www.moodgym.edu.au)

**OnTrack** - free access to online mental health programs, information, quizzes and advice. Programs cover a range of topics including depression, alcohol, family and friends of those experiencing mental illness and more. [www.ontrack.org.au](http://www.ontrack.org.au)



## Health Professional Resources - HealthPathways

HealthPathways is a free web-based portal designed to support health professionals in planning patient care through primary and secondary health care systems within the local region.

Within south eastern NSW there are two different HealthPathways programs being undertaken – one for the [Illawarra Shoalhaven](#) and one for [Southern NSW](#).