

# Seasonal Conditions: *Tactics for Tight Times*

## Social & Emotional Wellbeing

A range of support is available for farm families and businesses affected by recent tough seasonal conditions and current milk price in Gippsland.

### Personal Support

Living and working on a farm is physically and emotionally demanding especially when you are dealing with dry times, water shortages, fire and other natural disasters. Those in high risk areas will often need to keep on alert throughout the season and monitor conditions. It is normal to feel anxious during this time and this anxiety may be worse for people who have been affected by natural disasters and emergencies in the past. If you are feeling anxious or dealing with stressful events, you might find it helpful to talk with your local GP who can refer you to other appropriate support people.

### GP Services

#### Find a General Practitioner in Gippsland

Go to [www.humanservicesdirectory.vic.gov.au/Search.aspx](http://www.humanservicesdirectory.vic.gov.au/Search.aspx)

In keyword tab, select "Doctor" and enter town/postcode. Then select Site Search.

A current list of GP Services available in this area will be generated.

### Mental Health Services

Mental Health Triage – Gippsland wide – 24/7 Crisis Support & Referral	1300 363 322
Latrobe Regional Hospital Mental Health Services – Traralgon	5173 8000
Latrobe Valley Community Mental Health Centre – Traralgon	5128 0100 AH: 1300 363 322
Latrobe Regional Hospital East Gippsland Community Mental Health Service – Sale	5143 1212 AH: 1300 363 322
Latrobe Regional Hospital Bairnsdale Community Mental Health Service – Bairnsdale	5150 3444 AH: 1300 363 322
Latrobe Regional Hospital Yarram District Health Service – Yarram	5182 0245 AH: 1300 363 322
Latrobe Regional Hospital Orbest Community Mental Health Service – Orbest	5154 1807 AH: 1300 363 322
Latrobe Regional Hospital South/West Community Mental Health Service – Korumburra	5658 1501 AH: 1300 363 322
West Gippsland Community Mental Health Services – Warragul	5624 3600 AH: 1300 363 322
South Gippsland Community Mental Health Services – Wonthaggi	5671 4500 AH: 1300 363 322



## Telephone Counselling and Support Services

Telephone counselling services respond to callers with a wide range of concerns & personal emergencies. Services include:

beyondblue	1300 224 636
Lifeline	13 11 14
Family Relationship Advice Line	1800 050 321
Mensline	1300 789 978
National Sexual Assault, Domestic Violence Counselling	1800 737 732
NURSE-ON-CALL	1300 60 60 24
DirectLine (drug & alcohol)	1800 888 236
Family Drug Support	1300 368 186
Gambler's Help	1800 858 858
Kids Help Line	1800 551 800
Men's Referral Service	1300 766 491
Parentline Victoria (8am – 12am, 7 days)	13 22 89
Safe Steps – Family Violence Response Centre	1800 015 188
Suicide Line	1300 651 251
Women's Information Referral Exchange (WIRE)	1300 134 130

## Health Services

Bairnsdale Regional Health Service – Bairnsdale Hospital	5150 3333
Central Gippsland Health Service – Heyfield Hospital	5139 7979
Central Gippsland Health Service – Maffra District Hospital	5147 0100
Foster Hospital – South Gippsland Hospital	5683 9777
Gippsland Base Hospital – Sale Hospital	5143 8600
Leongatha Hospital – Gippsland Southern Health Service	5667 5555
Traralgon Hospital – La Trobe Regional Health	5173 8000
Warragul Hospital - West Gippsland Health Care Group	5623 0611
Wonthaggi Hospital – Bass Coast Health	5671 3333

## Other Local Support Services

Anglicare Gippsland	5133 9998
Relationships Australia Victoria (RAV) Gippsland	1300 369 630
Quantum Support Services	1800 243 555
Latrobe Community Health Services	1800 242 696
Gippsland Lakes Community Health Services	5155 8300
Uniting Care Gippsland	5144 7777
West Gippsland Health Care Group (Community Services)	5623 3500
Rural Financial Counselling Service	5662 2566