



Campaspe Dairy Support – key contacts

Service	Descriptor	Phone
Murray Dairy	Farm help/assistance programs http://murraydairy.com.au/ http://www.dairyaustralia.com.au	5833 5312
Health Services	Rochester and Elmore District Health Service Echuca Regional Health Kyabram District Health Service Bendigo Health Goulburn Valley Health Waranga	5484 4465 5485 5000 5857 0200 5454 6000 5854 8000
Crisis contacts (All 24 hour services)	Police/ Ambulance / Fire Mental Health Assistance/triage Bendigo Health Beyond Blue beyondblue.org.au Lifeline lifeline.org.au/Get-Help DirectLine (alcohol & drugs) directline.org.au Kids Helpline kidshelpline.com.au Suicide Helpline suiceline.org.au Mensline mensline.org.au	000 1300 363 788 1300 224 636 13 11 14 1800 888 236 1800 551 800 1300 651 251 1300 789 978
Rural Financial Counselling Services -Victoria North East	Provides free, independent and confidential service to primary producers and small rural businesses as well referral to relevant agencies http://www.rfcsvcicne.org.au/	1300 834 775
Department of Human Services Federal	Australian Government Farmer Assistance Hotline	13 23 16
Emergency Relief Providers Able to provide practical support; food, clothing	St Vincent de Paul Rochester Echuca Kyabram Rushworth Salvation Army Rochester Echuca Kyabram	5484 3584 5480 7621 5853 2473 5857 2280 5484 1364 5482 3184 5853 1129
Mental Health Crisis Support	Mental Health Assistance/triage Bendigo Health	1300 363 788
Counselling/Social work	Rochester & Elmore District Health Service Echuca Regional Health Kyabram & District Health Services	5484 4465 5485 5800 5857 0200
GP (Medicare via mental health plan for psychological therapy)	Psychological Therapy Providers (ATAPS) provided by MIND Australia	Via GP referral/MH plan

	- Echuca, Kyabram, Rochester, Rushworth	
	Mental Health Nurse Incentive Program – Melinda Roffey	0439 868 796
Shire of Campaspe	Any ratepayer facing genuine financial hardship in paying their rates is urged to contact Council to discuss individual circumstances	5481 2200 1300 666 535
Anglicare Family mediation; Emergency housing; Financial Counselling	Echuca	5480 1120
Carers Support Services – Bendigo Health	Respite services; Emergency after hours respite	5482 0808
School Welfare Coordinators	Rochester Secondary College Kyabram Secondary College St Augustine's College Kyabram Echuca College St Joseph's College Echuca	5484 1844 5852 1711 5852 1492 5482 1133 5482 2577
Parliamentarians	Damien Drum Federal Member for Murray Peter Walsh MP Member for Murray Plains	5821 5371 5482 2039
Dairy Factories	Murray Goulburn - Rochester office - Factory Field officer Fonterra - Stanhope Office	5484 0222 0409131208 5852 0700
Neighbourhood Houses/Community Cottages	Echuca Neighbourhood House Rochester Community House Girgarre Community Cottage Kyabram Community & Learning Centre Rushworth Community House	54826914 54843600 58546482 5852 0000 5856 1295

<http://www.weeklytimesnow.com.au/agribusiness/dairy/your-comprehensive-help-guide-to-the-current-dairy-crisis/news-story/dcf005dc0755ccac2e8b31f8d24e2a33>

SOCIAL HELP

- **Family Relationship Service:** Phone 1800 050 321 or familyrelationships.gov.au
- **Building Emotional Resilience Fact Sheet:** Practical ways to help build mental and emotional resilience. thepeopleindairy.org.au/announcements/emotionresiliencefactsheet
- **National Centre for Farmer Health:** Workshops to improve health, safety and wellbeing of farmers, families and communities. Phone (03) 5551 8533 or farmerhealth.com.au

COMMUNITY HELP

- **Murray Dairy** <http://murraydairy.com.au/>
- **Look over the farm gate:** Community-based training and activities to help rural communities look after their health and encourage neighbours to look out for each other. lookoverthefarmgate.com.au
- **Shout a Mate:** Offers a night out to socialise. shoutamate.com.au
- **Foodbank Victoria:** Distributes meals to individuals and families. Phone (03) 9362 8300.
- **Back to School:** Children from disadvantaged families provided with uniforms, shoes and other essential items. Contact your school or welfare coordinator.