



RURAL SUPPORT NETWORK

Key Achievements & Impacts 2016-2019

The network is convened & supported by Campaspe Primary Care Partnership to share information and build relationships with Service Providers for the benefit of the communities experiencing difficulties due to poor seasonal conditions and other economic adversity.

MENTAL HEALTH FIRST AID

Delivery of **11** Mental Health First Aid Courses to **176** individuals across Campaspe.

"Completing the course has meant that I now have the skills to participate in difficult mental health conversations, offer support & direct people to the right place to get help"

WATER INDUSTRY FIELD OFFICER

RURAL SUPPORT COMMUNITY GRANTS

Establishment of Grants to support community events promoting physical & mental well being & community connections - attendance of **161** community members to date



4 events have been funded in 2019 with health practitioners attending each event, distributing resources, making contacts & promoting local mental health services.

RURAL SUPPORT CASE STUDY

" My farming client has been affected by industry downturn, drought conditions, high input costs and financial hardship. At one visit it became clear that his mental health required immediate treatment. The connections created as a member of the Rural Support Network gave me the confidence to refer knowing this client would be linked with the appropriate service. I had previously given the farmer a rural support wallet card and was quickly able to highlight the contact details for Mental Health Triage. The client spoke to a Mental Health Professional that day, gained a referral from his GP the following day and was able to immediately access a Mental Health Care Plan."

RURAL FINANCIAL COUNSELLOR

STRONGER NETWORKS

12 network meetings have been held over the past 3 years with wide rural representation at each meeting.

"Our organisation values participation in this group as it provides us the opportunity to extend our networks and ensure that industry information is provided to those who may be in contact with the farm businesses we don't regularly have the opportunity to engage with."

DAIRY INDUSTRY REPRESENTATIVE

MENTAL HEALTH & EMERGENCY FOOD & SUPPORT RESOURCES



Development and distribution of **2,000** Mental Health Wallet Cards and Emergency Food & Support Services brochures



STRENGTHENING OF REFERRAL MECHANISMS

"Membership of the network made it possible to ensure we had a mental health representative at each of

4 recent Agriculture Victoria **Seasonal Update & Long-term Outlook Workshops** across the region. This meant that the 135 participants came in contact with a mental health practitioner and now know about their role and how to access local support."