



Farming Community Counselling Service



The service

The main role of the Farming Community Counselling Service is to provide 1:1 professional support and/or counselling to farmers, their families and the wider agricultural community including people who work in agriculture and rural communities impacted by the drought.

The counselling service is structured and time limited depending on the person's needs and situation.

It is designed to support psychological resilience - by developing practical coping mechanisms with regard to the psychological impacts of the drought. Farming Community Counsellors can also link clients into relevant services dependant on the individual and their needs. This could include the Rural Financial Counselling Service, GP's, Specialist Mental Health or support services.

This FCC Service, is designed to be convenient for our clients – This means that we can see clients in their own home, in the paddock, at a café or wherever is most comfortable for them.

If counselling doesn't suit, we're great at checking in through a phone call, email or popping by and saying Hi!

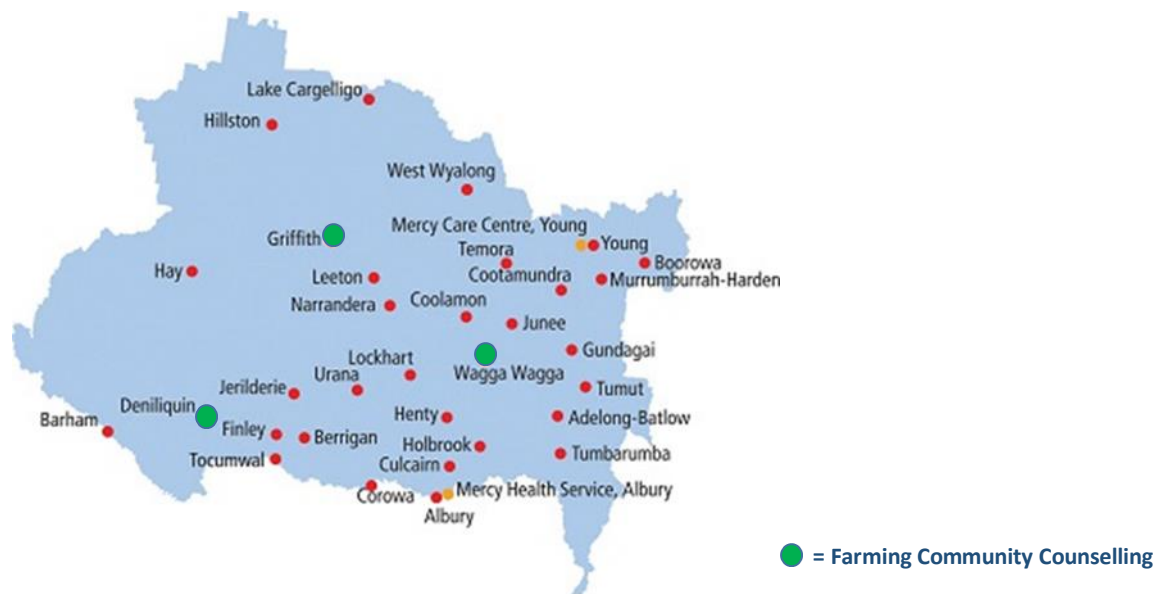
The counselling service is free and confidential.

Referrals can be made by the individual by calling the FCC intake line on 0436 811 692, or by contacting your local FCC directly.

Contacts

Amelia Cottrell	Wagga Wagga	Mob: 0436 816 558	Email: amelia.cottrell@health.nsw.gov.au
Maxwell Nixon	Griffith	Mob: 0463 811 693	Email: maxwell.nixon@health.nsw.gov.au
Lacey Wiesman	Deniliquin	Mob: 0436 811 692	Email: lacey.wiesman@health.nsw.gov.au

Location



The situation

With the current conditions, farmers, their families, the wider agricultural sector and communities are facing tremendous pressures. Farmers often have to find off farm work as they may not have the full support of the farm itself. Local businesses and communities also feel the effects of drought, and can be severely affected also. Many factors that influence the farms viability are out of the farmer's control. Factors that are out of one's control, often cause us to feel the most stress.

Factors affecting stress on the farm:

- ☞ The weather
- ☞ Increased input costs
- ☞ Large debt loads
- ☞ Livestock health
- ☞ Erratic markets
- ☞ Government regulations and complicated paper work
- ☞ Long working hours
- ☞ Disagreements with other family members in the farm operation
- ☞ Uncertain crop yields and fodder production
- ☞ Machinery breakdowns
- ☞ Handling dangerous goods e.g. farm chemicals

Farming Community Counselling can help individuals / communities deal with stress. People vary in their ability to handle stress. Stress is often dependant on a number of factors including personal experience, individual skills, support, and environment. Consequently, what one person may experience as stress, another may view as challenging.

How can you help?

You aren't expected to be experts in mental health but may notice changes in the farmers, agricultural workforce, local business owners or community members that you interact with that may indicate they are not travelling as well as they had previously. If any of these changes are noticed, this could indicate that the person might benefit from some form of counselling or support to address these symptoms.

Common changes might include, but are not limited to:

Physical	Emotional	Behavioural
☞ Headaches	☞ Increased angry blow-ups	☞ Over eating / neglecting diet
☞ Stomach problems (constipation or diarrhoea)	☞ Frustration	☞ Increased smoking / alcohol consumption
☞ Chest pain	☞ Impatience	☞ Changes in sleeping habits
☞ Rapidly beating heart / change in blood pressure	☞ Difficulty controlling emotions	☞ Difficulty relaxing: restlessness / lack of concentration
☞ Grinding / clenching teeth	☞ Low self-esteem	☞ Withdrawn from others
☞ Fatigue	☞ Depression	☞ Trouble adapting to changing circumstances
☞ Change in sexual interest	☞ Thoughts of taking your own life	☞ Forgetfulness
☞ Procrastination	☞ Neglecting your existing health conditions	☞ Sarcastic arguments
☞ Impulsive buying / gambling	☞ Short tempered	☞ Relationship issues



FREE COUNSELLING
for farming communities in the Murrumbidgee region
0436 811 692



Please don't hesitate to contact the Farming Community Counselling service for further information or referral.



HOW ARE ewe DOING?

Today I'm feeling...

positive
or calm

stressed
or over-
whelmed

hopeless,
angry or
frustrated

When I feel stressed I'm...

still staying
healthy
and active

avoiding
activities

not sleeping
or drinking
more than
I should

Lately I've been...

talking to
friends and
family

irritated or
frustrated
with others

isolated or
avoiding
people



ewe are
staying on track,
well done!



ewe can
talk to us
for support



We can help
ewe access
the right
support

Farming Community Counselling
is free, local and friendly one-on-one
professional support.
Chat to us on 0436 811 692.



Turn this over
to find out more.





No matter
how **ewe** are
doing, Farming
Community
Counselling is
here to help.



The impact of tough times
on the land can creep up on you.
Farming Community Counselling
can help you make sense of things,
working with you to get your thoughts,
emotions and future back on track.

We can help you with:

- **Free one-on-one counselling**
- **Links to useful services**

Chat to us on 0436 811 692.

If you're concerned about your own
or someone else's mental health, you
can talk to someone 24 hours a day by
calling **Accessline 1800 800 944.**

**If you or someone else is in immediate
danger, CALL 000 or go to your nearest
hospital Emergency Department.**