

Farm Debt Mediation

Support for families involved in farm debt mediation

Farm debt mediation provides an opportunity for many rural families to resolve differences in a consultative manner with their farm finance providers. This process can be highly stressful, with conversations involving financial difficulties and possibly relationship conflicts. Information about services that can support farmers and their families are provided below.

Rural Financial Counselling Service provides rural financial counselling to a range of clients who are suffering, or are at imminent risk of suffering financial hardship.

Website: www.ruralbusiness Tasmania.org.au/financial-counselling-services

Phone: 1800 88 3276 (1300 88 FARM)

Australian Red Cross provides personal support and emergency aid services.

Website: www.redcross.org.au

Phone: 1800 733 276

Salvation Army provides all social services including financial, family and personal support and disaster recovery assistance.

Website: www.salvationarmy.org.au/need-help/financial-assistance/

Phone: 13 72 58

Kids Helpline is a 24/7 confidential support and counselling service specifically for kids aged 5 to 25 years. Kids can contact the service about a wide range of issues, from everyday issues such as family, friends or school, to more serious issues such as abuse, mental illness, drug and alcohol use, homelessness and suicide. Counselling can be provided online or over the telephone.

Website: www.kidshelpline.com.au

Phone: 1800 551 8000

Rural Alive and Well is a 'non-clinical' service providing genuine and non-intrusive one-on-one support using a person-centred shared goals approach. RAW enables communities to tackle life stressors, stigma and isolation through innovative awareness, access and practical interventions.

Website: <https://ruralaliveandwell.com.au/>

Phone: 1800 729 827

Country Women's Association in TAS contributes to real and meaningful change through coordinated and effective lobbying, advocacy, education, fundraising, community service and the sharing of knowledge, skills and friendship and emergency support.

Website: www.cwaintasmania.com.au

Phone: 03 6231 3706

Assistance specifically for mental health and wellbeing

Access Mental Health is a mental health support, triage and referral phone line delivered by the Department of Health, Tasmania in partnership with Lifeline Tasmania. Anyone in Australia can call

Access Mental Health for immediate counselling over the phone, information about the Tasmania mental health system and help making a referral to public mental health services.

Phone: 1800 332 388

Lifeline provides a confidential crisis support service to anyone in Australia experiencing a personal crisis or thinking about suicide. Trained volunteers are available 24/7 to listen and provide support and referrals.

Website: www.lifeline.org.au

Phone: 13 11 14

Suicide Call Back Service is a 24/7 service that provides counselling, information and referrals to people at risk of suicide, carers of suicidal people and those bereaved by suicide. Staffed by professional counsellors with specialist skills in working with suicide-related issues, the service can provide ongoing counselling or referrals to appropriate services.

Website: www.suicidecallbackservice.org.au

Phone: 1300 659 467

MensLine Australia is a 24/7 telephone and online support, information and referral service for men with family and relationship concerns. The service is staffed by professional counsellors, experienced in men's issues.

Website: www.mensline.org.au

Phone: 1300 789 978

Beyond Blue provides a 24/7 confidential support service offering counselling and referrals from trained mental health professionals. All calls and chats are one-on-one and are completely confidential.

Website: www.beyondblue.org.au

Phone: 1300 224 626

SANE offers a range of free digital and telehealth support services for people over 18 years of age with complex mental health needs, and their family, friends and carers.

Website: www.sane.org

Phone 1800 187 263

Head to Health is a comprehensive national mental health website that connects people with mental health services based on their needs and preferences. It also includes support for those caring for a friend or family member.

Website: www.headtohealth.gov.au

Phone: 1800 595 212

Emergencies

An emergency is a situation that poses an immediate risk to life, health, property or environment.

When to call Triple Zero (000)

For immediate life-threatening or dangerous situations, include threatening suicide or self-harm, call 000.

Also call 000 if:

- Property is being threatened
- Someone is seriously injured or in need of urgent medical help.

If you do call Triple Zero:

- Stay calm, don't shout, speak slowly and clearly
- Advise if you need Police, Fire or Ambulance
- Your call will be directed to the service you asked for
- Answer all questions and provide all details and location information
- Don't hang up until the operator tells you to do so.