

# RURAL SUPPORT & ASSISTANCE CONTACTS

## MARCH 2020



### Counselling, Local Support & Rural Outreach

**24-Hour Mental Health Triage**  
Grampians - 1300 661 323

**Rural Outreach Program**  
1300 OUTREACH (1300 688 732)  
[info@ruraloutreach.org.au](mailto:info@ruraloutreach.org.au)  
West Wimmera, Hindmarsh,  
Yarriambiack and Horsham Rural City

**Flying Doctor Wellbeing**  
(03) 8412 0480  
[www.flyingdoctor.org.au/vic/our-services/wellbeing/](http://www.flyingdoctor.org.au/vic/our-services/wellbeing/)  
West Wimmera, Yarriambiack & Buloke Shires

**Centacare & Family Relationship Centre**  
Counselling & family relationship  
services and Victims Assistance  
1300 303 988

**Christian Emergency Food Centre**  
Emergency supplies & materials to  
Wimmera residents - 5381 2311  
[www.cefc.org.au](http://www.cefc.org.au)

**Grampians Community Health**  
Intake – 5358 7400  
[www.grampianscommunityhealth.org.au](http://www.grampianscommunityhealth.org.au)

**Hearspace Horsham**  
Youth Counselling 12-25 years  
5381 1543  
[www.hearspace.org.au](http://www.hearspace.org.au)

**The Salvation Army**  
Horsham - 5382 1770  
Kaniva - 5392 2304  
Stawell - 5358 4072  
Ararat - 5352 2720  
[www.salvationarmy.org.au/horsham](http://www.salvationarmy.org.au/horsham)

**Uniting Wimmera**  
Family Counselling & Support  
1800 195 114  
[www.unitingwimmera.org.au](http://www.unitingwimmera.org.au)

### Youth Specific Services

**Hearspace Horsham**  
Youth Counselling 12-25 years  
5381 1543  
[www.hearspace.org.au](http://www.hearspace.org.au)

**Victoria Police**  
Youth Resource Officer  
Horsham - 5382 9240  
Northern Grampians - 5358 8261

**Yarriambiack Shire Youth Services**  
Community Engagement Programs  
12-25 years. Contact - 1800 065 647  
[www.yarriambiack.vic.gov.au](http://www.yarriambiack.vic.gov.au)

### Health Services

**Edenhope & District Memorial Hospital**  
5585 9800  
[www.edmh.org.au](http://www.edmh.org.au)

**Goolum Goolum Aboriginal Cooperative**  
Aboriginal Health - 5381 6333  
[www.goolumgoolum.org.au](http://www.goolumgoolum.org.au)

**Harrow Bush Nursing Centre**  
5588 2000  
[www.hbnc.org.au](http://www.hbnc.org.au)

**Rural Northwest Health**  
Warracknabeal, Hopetoun and Beulah  
Wellbeing Team 1800 667 301  
[www.rnh.net.au](http://www.rnh.net.au)

**West Wimmera Health Service**  
Nhill, Gorokey, Jeparit, Kaniva, Rainbow,  
Natimuk, Murtoa, Minyip & Rupanyup  
Social Work Intake - 5391 4292  
[www.wwhs.net.au](http://www.wwhs.net.au)

**Wimmera Health Care Group**  
Horsham – Social Work - 5381 9242  
Switch 5381 9111  
[www.whcg.org.au](http://www.whcg.org.au)

**Woomelang Bush Nursing Centre**  
5072 6100  
GP available (Weds) & full support for  
Psychiatric Telehealth  
[www.wbnc.org.au](http://www.wbnc.org.au)

### Rural Support Organisations

**Rural Financial Counselling Services**  
Wimmera South West  
1300 735 578 - [www.wswrcs.com.au/](http://www.wswrcs.com.au/)  
North West Victoria  
1300 769 489 - [www.sunrcs.com.au/](http://www.sunrcs.com.au/)

**Victorian Farmers Federation**  
State President David Jochinke  
5383 4524/0427 834 524  
**National Centre for Farmer Health**  
5551 8533  
[www.farmerhealth.org.au](http://www.farmerhealth.org.au)

**GWMWater**  
Water Carting and General Enquiries  
1300 659 961 [www.gwmwater.org.au](http://www.gwmwater.org.au)  
**Bethany Community Support**  
1300 510 439  
[www.bethany.org.au](http://www.bethany.org.au)

## Rural Support – Local Government

**Buloke Shire Council**  
5478 0175  
[www.buloke.vic.gov.au](http://www.buloke.vic.gov.au)

**Hindmarsh Shire Council**  
5391 4444  
[www.hindmarsh.vic.gov.au](http://www.hindmarsh.vic.gov.au)

**Horsham Rural City Council**  
5382 9777  
[www.hrcc.vic.gov.au](http://www.hrcc.vic.gov.au)

**Northern Grampians Shire**  
5358 8700  
[www.ngshire.vic.gov.au](http://www.ngshire.vic.gov.au)

**West Wimmera Shire Council**  
5585 9900  
[www.westwimmera.vic.gov.au](http://www.westwimmera.vic.gov.au)

**Yarriambiack Shire Council**  
5398 0100  
[www.yarriambiack.vic.gov.au](http://www.yarriambiack.vic.gov.au)

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## Rural Support – Government Organisations

**Agriculture Victoria**  
Dry Seasons Support  
136 186  
[www.agriculture.vic.gov.au](http://www.agriculture.vic.gov.au)

**Australian Competition & Consumer Commission** - 1300 302 502  
[www.accc.gov.au](http://www.accc.gov.au)

**Australian Tax Office**  
deferred payments - 131 142  
[www.ato.gov.au](http://www.ato.gov.au)

**Centrelink**  
132 316  
[www.centrelink.gov.au](http://www.centrelink.gov.au)

**Consumer Affairs Victoria**  
1300 558 181  
[www.consumer.vic.gov.au](http://www.consumer.vic.gov.au)

**Dispute Settlement Centre of Victoria** - 1300 372 888  
[www.disputes.vic.gov.au](http://www.disputes.vic.gov.au)

**Information Victoria**  
1300 366 356  
[www.vic.gov.au](http://www.vic.gov.au)

**Legal Aid**  
Horsham based agency providing free legal advice - 5381 6000  
[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)

**Regional Development Victoria**  
Horsham Office  
5381 2762  
[www.rdv.vic.gov.au](http://www.rdv.vic.gov.au)

**State Ombudsman**  
1800 806 314  
[www.ombudsman.vic.gov.au](http://www.ombudsman.vic.gov.au)

**Victoria Business Line**  
132 215  
[www.business.vic.gov.au](http://www.business.vic.gov.au)

**Wageline**  
Federal awards and agreements and industry rates - 131 394  
[www.fairwork.gov.au](http://www.fairwork.gov.au)

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## Other Assistance Services

**Lifeline**  
131 114  
[www.lifeline.org.au](http://www.lifeline.org.au)

**Suicide Call Back Service**  
24/7 service 1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Kids Help Line**  
1800 551 800 Ages 5-25  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Suicide Helpline**  
1300 651 251  
[www.suicideline.org.au](http://www.suicideline.org.au)

**Parentline**  
132 289  
[www.parentline.vic.gov.au](http://www.parentline.vic.gov.au)

**The Sexual Assault & Family Violence Centre**  
24-Hour Crisis Line 1800 806 292  
Horsham Office - 5381 1211  
[www.safvcentre.org.au](http://www.safvcentre.org.au)

**Mensline Australia**  
Online Counselling  
1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

**Men's Referral Service**  
No To Violence  
1300 766 491  
[www.ntv.org.au](http://www.ntv.org.au)

**Beyond Blue**  
1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**SANE**  
Mental Health Information  
Line - 1800 187 263  
[www.sane.org](http://www.sane.org)

**Nurse-On-Call**  
24-Hour Service  
1300 606 024

**GP helpline**  
1800 022 222  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**Women's Health Grampians**  
5322 4100  
[www.whg.org.au](http://www.whg.org.au)

**Women's Information Referral Exchange**  
1300 134 130  
[www.wire.org.au](http://www.wire.org.au)

**Red Cross**  
1800 131 701  
[www.redcross.org.au](http://www.redcross.org.au)

**Family Drug Support**  
1300 368 186  
[www.fds.org.au](http://www.fds.org.au)

**Family Relationship Service**  
1800 050 321  
[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

**Qlife**  
LGBTIQ Peer Support  
1800 184 527  
[www.qlife.org.au](http://www.qlife.org.au)

**Counselling Online**  
Free drug & Alcohol counselling online  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

**Head To Health**  
Digital mental health services & resources  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

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In addition to this list, there are a number of private psychologists, social workers and counsellors available. Check out **Wimmera Counsellors Directory** via the Wimmera Primary Care Partnership Website– [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

This list has been developed and prepared by Wimmera Primary Care Partnership. If you have any questions regarding this list please call (03) 5362 3442 or email [info@wimmerapcp.org.au](mailto:info@wimmerapcp.org.au)