# 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
  - West Wimmera, Hindmarsh, Yarriambiack and Horsham Rural City

- **Christian Emergency Food Centre**
  - Emergency supplies & materials to Wimmera residents - 5381 2311
  - www.cefc.org.au

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

- **Headspace Horsham**
  - Youth Counselling 12-25 years
  - 5381 1543
  - www.headspace.org.au

- **Grampians Community Health**
  - Intake – 5358 7400
  - www.grampianscommunityhealth.org.au

- **Flying Doctor Wellbeing**
  - (03) 8412 0480
  - West Wimmera, Yarriambiack & Buloke Shires

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

- **Rural Support Organisations**

  - **Rural Financial Counselling Services**
    - Wimmera South West
    - North West Victoria

  - **Victorian Farmers Federation**
    - State President David Jochincke
    - 5383 4524/0427 834 524

  - **National Centre for Farmer Health**
    - 5551 8533
    - www.farmerhealth.org.au

  - **GWMWater**
    - Water Carting and General Enquiries
    - 1300 659 961 www.gwmwater.org.au

  - **Bethany Community Support**
    - 1300 510 439
    - www.bethany.org.au

  - **Uniting Wimmera**
    - Family Counselling & Support
    - 1800 195 114
    - www.unitingwimmera.org.au

  - **Yarrabriack Shire Youth Services**
    - Community Engagement Programs
    - 12-25 years. Contact - 1800 065 647
    - www.yarrabriack.vic.gov.au

  - **Headspace Horsham**
    - Youth Counselling 12-25 years
    - 5381 1543
    - www.headspace.org.au

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

  - **Rural Support & Assistance Contacts**

    - MARCH 2020
Rural Support – Local Government

**Buloke Shire Council**  
5478 0175  

**Hindmarsh Shire Council**  
5391 4444  

**Northern Grampians Shire**  
5358 8700  

**Horsham Rural City Council**  
5382 9777  

**West Wimmera Shire**  
5585 9900  

**Yarriambiack Shire Council**  
5398 0100  

---

Rural Support – Government Organisations

**Agriculture Victoria**  
Dry Seasons Support  
136 186  

**Australian Competition & Consumer Commission** - 1300 302 502  

**Australian Tax Office**  
deferred payments - 131 142  

**Centrelink**  
132 316  

**Consumer Affairs Victoria**  
1300 558 181  

**Legal Aid**  
Horsham based agency providing free legal advice - 5381 6000  

**Information Victoria**  
1300 366 356  

**State Ombudsman**  
1800 806 314  

**State Ombudsman**  
1800 806 314  

**Victoria Business Line**  
132 215  

**Dispute Settlement Centre of Victoria** - 1300 372 888  

**Regional Development Victoria**  
Horsham Office  
5381 2762  

**State Ombudsman**  
1800 806 314  

**State Ombudsman**  
1800 806 314  

---

Other Assistance Services

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

**Centrelink**  
132 316  

**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)

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

**Family Relationship Service**  
1800 050 321  

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

**Family Relationship Service**  
1800 050 321  

---

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