

# It costs nothing to talk



## Rural Outreach Program

# How can we help?

Our team of Outreach Workers can help when:

- Times get tough
- You need a trusted person to talk with
- You are concerned about someone
- You need someone for support & guidance
- Or you just need a friendly ear on the phone

**This is a FREE service and we can come to you, whether it be at your home, on the farm or any place you feel most comfortable.**

**1300 OUTREACH (1300 688 732)**

**[www.ruraloutreach.org.au](http://www.ruraloutreach.org.au) – [info@ruraloutreach.org.au](mailto:info@ruraloutreach.org.au)**

