

# Free drought and bushfire counselling and support

*East Gippsland and Wellington*



## Are you a farmer, working in agriculture, or a community member living in a rural or remote location?

Are you

- negatively affected by events such as drought or bushfire?
- experiencing stress or anxiety?
- looking for mental health supports for you, your family, and friends?
- finding it challenging to cope due to lack of employment or other difficult situations?
- feeling isolated from friends, family or your community?

**If you answered yes to any of these questions, and live in East Gippsland or Wellington, we can provide you and your family with support.**

## How can we help?

We can provide individual, couple and family counselling.

*This service is fully funded by the Department of Health and Human Services and provided at no cost to you.*

## Where are services offered?

We can come to your home or meet you at a mutually agreed location.

We also have centres in Traralgon and Bairnsdale, in addition to offering our counselling service via telephone and video conference facilities.

## What do I do next?

Call our Traralgon Centre to find out more or make an appointment.

Phone: (03) 5175 9500

Local call cost: 1300 369 630

Email: [traralgon@rav.org.au](mailto:traralgon@rav.org.au)

We're open 9am to 8pm on Tuesday, and 9am to 5pm on Monday, Wednesday, Thursday and Friday.

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For more information about our services, visit [www.rav.org.au](http://www.rav.org.au) or call 1300 364 277.

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