

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

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 or call 1300 364 277.

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