

DETECT & PROTECT

WELLBEING SUPPORT

as *individual* as you are



RFCS
Gippsland

rfcsgippsland.org.au/wellbeing

Not only do we care about your financial wellbeing... We care about your personal wellbeing

RFCS Gippsland take an individual approach to our client's wellbeing

While our specialised Rural Financial Counsellors & Small Business Support teamwork on **reducing financial stressors**, our Wellness Support Officer will **focus on YOU** & your family's **emotional & physical wellbeing**. Health & Wellbeing is a priority... we work with you to develop personal strategies with **individual, ongoing support** to better manage life's unexpected challenges.

MAKE TIME TO CHAT

1300 045 747

wellbeing@rfcsgippsland.org.au

ROAD TO WELLNESS



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know the **signs**

start the **conversation**

engage the **support**