



Assistance Available

Following are contacts you are able to access to obtain further information and/or support for yourself or someone you know. Each of these services is confidential, free and able to be accessed without going through a referral process.

If you are feeling “out of kilter” with current circumstances or finding it hard to make decisions you may choose to discuss your experience with someone removed from the situation.

These services are available in your area:

Royal Flying Doctor Service – **4652 5800**

Central West Hospital and Health Service Mental Health & ATODS – **46527951**

Central & North West Medicare Local – **4652 7100**

Anglicare – **4658 0431**

For further information regarding financial counselling services, drought declarations and Government assistance these services are available:

Rural Financial Counselling Services **07 4652 5602**

Queensland Rural Adjustment Authority **07 4658 2879**

Dept. Agriculture Fisheries and Forestry **07 4650 1200**

Assistance over the phone is available from:

Lifeline **13 1114**

Mensline Qld **1 800 600 636**

Another option:

Outbacklinks – is a programme that places appropriately skilled volunteers with rural and remote families who could use a helping hand, for short periods of time. This programme is co-ordinated by Frontier Services. **Phone: 1300731349**