



Rural Aid Counselling Service

Rural Aid's counsellors are based across Australia. Our counsellors are qualified and nationally recognised. We can connect with you via telephone or in person. **Rural Aid** counsellors regularly travel to properties for 'farm gate' sessions.

The benefits of counselling can include improved communication between you and your family, increased confidence, stronger boundaries, trauma and grief support, and finding solutions to personal challenges as a team.

Farmers, their family members, and their employees can access this free service. Retired and hobby farmers are also eligible.

Counselling line:

1300 175 594 | ruralaid.org.au/counsellors

For our mates in the bush





**Counselling
creates a
safe space
to be heard and
understood**

Counselling is...

- delivered by a trained professional
- confidential and non-judgemental
- about the topics you want to explore
- tailored to your individual needs
- free of charge

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