

# Drought Mental Health Support



Free support is now available for people whose mental health and wellbeing has been impacted by drought in regional South Australia.

The financial stress, loss of livestock and impact on employment, business and family that drought brings can affect people's mental health and wellbeing. Distress, grief, anger, depression, poor sleep, concentration and appetite are all common impacts.

Drought Mental Health Support provides individual counselling, and support for families and carers. We help you build a recovery plan to address the problems affecting you. We also connect you with organisations that can help you solve other issues.

You can receive one-on-one or group support over the phone or via telehealth. We also do outreach – we can come to your home or meet you somewhere else in your community.

## How do I access Drought Mental Health Support?

Call Mind Connect on **1300 286 463** or email [opssareferrals@mindaustralia.org.au](mailto:opssareferrals@mindaustralia.org.au)

## Who this service is for?

People 16+ living in regional and remote areas of South Australia who are impacted by drought – not just farmers. This includes Flinders and Upper North, Mid North and Yorke Peninsula, Eyre and Far North regions.

## How can we help you?

- Improve your mental health and resilience
- Increase your access to mental health and other services
- Help you address grief and loss caused by drought
- Case management and psychosocial recovery planning

## Who provides the support?

Experienced Counsellors and Community Mental Health Practitioners from Mind Australia. Mind is one of Australia's leading specialised community mental health support services.



Mental Health Drought Support is funded by the Government of South Australia



Mind Australia supports



**Mind Connect**  
1300 286 463

[mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)  
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