

Mental health resources for regional and rural communities and primary producers

Podcasts

Let's Talk

'Let's Talk', a three season podcast series is hosted by journalist Kia Handley all about mental health in rural and regional Australia. Funded by NSW Department of Health.

<https://podcasts.apple.com/au/podcast/lets-talk/id1291827707>

Resilience | The art of being a farmer (Part 1 and Part 2) - GRDC

The complexity of agriculture would lead some people to label farming as a form of art. Working with the climate, the landscape, the machinery, the crops, the business ... the list goes on.

Part 1

<https://grdc.com.au/news-and-media/podcasts/podcast/resilience-the-art-of-being-a-farmer-part-1>

Part 2

<https://grdc.com.au/news-and-media/podcasts/podcast/resilience-the-art-of-being-a-farmer-part-2>

Trauma

Anne Leadbeater OAM & Dr Rob Gordon - Better Health, Victoria State Government

<https://podcasts.apple.com/us/podcast/trauma-and-recovery-dr-rob-gordon-anne-leadbeater-oam/id1436480086?i=1000428681377>

Holding on to Hope Podcast – Lifeline

<https://www.lifeline.org.au/about-lifeline/media-centre/podcast>

Videos

GRDC - The mental health continuum

https://www.youtube.com/watch?v=7tF712J--xo&feature=youtube_gdata_player

Being Here

A video series addressing mental health in regional and indigenous communities.

<https://www.youtube.com/watch?v=oTfRda41nJg>

Online Programs

Beyond Blue – Coping During The Coronavirus Outbreak Forum

A moderated, online peer support forum space for discussing ways of looking after your wellbeing during the Coronavirus (COVID-19) outbreak.

<https://www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak>

SANE Forums: Lived Experience

Seek support. Make connections. Share your experience. The SANE Lived Experiences Forums are an online community for people affected by mental illness. They're a safe, stigma-free, supportive and anonymous peer support community, moderated 24/7 by mental health professionals.

<https://saneforums.org/t5/Lived-Experience-Forum/ct-p/lived-experience-forum>

Eheadspace: Group Chat

Eheadspace provides group chat sessions where you can speak anonymously online to our mental health clinicians and hear from other around a range of topics.

<https://headspace.org.au/eheadspace/group-chat/>

ReachOut.Com

Coping During Coronavirus (COVID-19)

It's been a stressful time all around the world as we deal with coronavirus (COVID-19) and the uncertainty it brings. ReachOut has some resources to help you manage your wellbeing through all this.

Resources that could be made into webcontent or PDF's to download (Full detail at the end of this document)

- [10 Ways to take care of yourself during coronavirus - - ReachOut.Com](#)
- [7 tips for dealing with change - ReachOut.Com](#)
- [Dealing with bad world news - ReachOut.Com](#)
- [5 steps to talking to someone you trust - ReachOut.Com](#)
- [Tips for home-isolation with kids - www.betterhealth.vic.gov.au](#)
- [The impacts of a natural disaster or crisis – Lifeline](#)
- [Tool Kit: Getting through bushfires, drought and extreme climate events - \(topic not directly relevant but could be a source of information\) https://www.lifeline.org.au/static/uploads/files/web-feb2020-ll-4pp-tool-kit-getting-through-bushfire-drought-events-wffhyvnistxy.pdf](#)

Posters and Worksheets

Rural Adversity Mental Health Program

This poster could be adapted to South Australian details. A really easy to understand mental health poster that encourages people to make the right decisions.

https://www.crrmh.com.au/content/uploads/Howareyougoing_PosterRedesign_FINAL_June-2019.pdf

Maintaining Mental Health During Isolation

A worksheet for the peak body of psychologists with helpful hints and tips surrounding health and wellbeing while in isolation. Not specific to Primary Producers but a good addition.

https://www.psychology.org.au/getmedia/53f35a80-8a72-48fa-a5db-e09e1feb5335/20APS-IS-COVID-19-Isolation-P2_1.pdf