Talk to someone about your health and wellbeing

Beyond Blue
P: 1300 22 4636 | W: beyondblue.org.au
Advice and support for people with anxiety and depression.

Country Health SA - Mental Health Triage Service
P: 13 14 65
A trained mental health clinician can be contacted via this 24-hour service to provide advice or direct people to appropriate services and support.

Emerging Minds
W: emergingminds.sa.gov.au/resources
The Emerging Minds Community Trauma Toolkit contains resources to help and support adults and children before, during, and after a disaster or traumatic event – and includes specific drought resources.

Head to Health
W: headtohealth.gov.au
If you’re trying to improve your own mental health, or support somebody else with mental health issues, Head to Health provides links to trusted, Australian online and phone supports, resources and treatment options.

ReachOut
W: au.reachout.com
ReachOut is a web-based mental health service for young people that promotes mental health and wellbeing on social media and IT accessibility for people across EP.

Mentally Fit Eyre Peninsula
P: mentallyfit@ep.com.au
Mentally Fit EP is a project run through West Coast Youth and Community Support to promote the message of mental wellness and promote service availability and promotion, in conjunction with innovative social media and IT accessibility for people across EP.

Regional Access Program
P: 1300 032 186 | W: regionalaccess.org.au
Regional Access offers fee professional telephone and online counselling 24 hours a day, seven days a week for Australian adults 15 years and older living or working in regional South Australia.

South Australian Parent Helpline
P: 1300 364 100 (Freecall)
The South Australian Parent Helpline is a telephone information service for parents in South Australia.

Find help with finances, farm and livestock

24-hour Drought Hotline
P: 1800 93 13 14
Available for anyone who has questions relating to drought and their individual circumstances, what support is available, or concerns relating to animal health or welfare.

Drought Hub - PIRSA website
W: pir.sa.gov.au/drought
Latest details and contacts on the wide range of services, events and avenues for assistance designed to support farm families, farm businesses and rural communities to prepare for, manage through and recover from drought.

Family and Business (FaB) Support Program
P: 1800 93 13 14 | E: PIRSA.drought@sa.gov.au
Family and business support mentors are available to meet, offer an informal chat or connect you to available support.

FarmHub
W: farmhub.org.au
The National Farmers’ Federation FarmHub connects Australian farmers with services and support during tough times, such as drought. There are FAQs to learn more about FarmHub, or explore the information and resources using the links.

Meat & Livestock Australia
W: mail.mla.com.au
MLA has produced a range of guides and information collated by MLA to assist livestock producers as they head into, manage through and plan to recover from drought.

Natural resources and the environment
W: naturalresources.sa.gov.au
Natural Resource Management boards can provide technical advice and support on a range of farming and land management issues.

Pest Control
W: farmassist.com.au
The Sporting Shooters Association of Australia has developed a unique program called SSAA Farmer Assist. It provides farmers with easy access to qualified shooters to help them with their wildlife management and pest control duties at no cost.

PestFacts Newsletter
W: pestfacts.naturalresources.sa.gov.au
PestFacts Newsletter offers solutions, warnings and reminders for a range of invertebrate pests of all broadacre crops including cereal, oilseeds, pulses and fodder crops.
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<tr>
<td>Accelerated Depreciation</td>
<td></td>
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<td></td>
<td>Yes</td>
<td></td>
<td></td>
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<td></td>
<td>Primary producers can access immediate deductions for the cost of fodder and storage assets. Instant asset write-off for assets less than $20,000. Income tax or activity statement refunds can be prioritised. The ATO can also help by allowing for more time to pay tax debts without interest, or arranging for tax debts to be paid in instalments. More information: agriculture.gov.au/agric-farm-food/drought-assistance/tax-relief</td>
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<tr>
<td>AGL Assist</td>
<td></td>
<td></td>
<td>Yes</td>
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<td>AGL offers eligible farmers who are AGL customers debt relief and the opportunity to register interest for independent and confidential financial advice from a community based financial counsellor. The program also helps eligible farmers to reduce their energy costs by providing a discount on the upfront cost of an AGL-installed solar PV system. More information: pf.com.au/aglassist</td>
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<tr>
<td>Australian Securities and Investments Commission (ASIC)</td>
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<td>Yes</td>
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<td>ASIC may be able to review fans or waive late fees that a company has incurred, or provide alternative payment options for companies affected by the drought and facing financial hardship. More information: <a href="http://www.asic.gov.au">www.asic.gov.au</a></td>
</tr>
<tr>
<td>Buy-a-Bale/Rural-Aid</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>Buy-a-Bale/Rural-Aid delivers much-welcomed support in the form of hay and fodder drops, as well as financial assistance in the form of vouchers to drought-affected farmers and communities in South Australia and around Australia. To register for support from Buy-a-Bale go to buyabale.com.au/kan-we-help-you</td>
</tr>
<tr>
<td>Family and Business Support (FibA) Support Program</td>
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<td>Yes</td>
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<td>FaB Support Mentors can meet with primary producers or businesses affected by drought and offer an experienced and independent ear. If needed, the mentors can connect drought affected producers to appropriate programs or services. The program is free, and is funded as part of the SA Government Drought Support Program. If you or someone you know could benefit from an informal call the hotline, email: <a href="mailto:PIRSA.drought@sa.gov.au">PIRSA.drought@sa.gov.au</a> or go to prsa.sa.gov.au/d drought for more information.</td>
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<tr>
<td>Farm Debt Mediation: Ph: 1800 702 722</td>
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<td>Yes</td>
<td>Yes</td>
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<td>Farm Debt Mediation enforces a mandatory mediation process before a creditor is able to foreclose on a farming operation. This new service is managed by the Office of the Small Business Commissioner. The Small Business Contact Service can provide advice, or refer enquirers from small business owners and people considering starting a small business to access business information. A charge of $185 for mediation is applied. More information: sbdc.sa.gov.au</td>
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<tr>
<td>Farm Household Allowance (FHA) Hotline: 132 316</td>
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<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
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<td></td>
<td>FHA Hotline: 132 316</td>
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<tr>
<td>Farm Management Deposits (FMD)</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td>Various</td>
<td>The FHA provides eligible farmers and their partners who are experiencing financial hardship with assistance, including income support. You may be eligible for fortiﬁcations payments (e.g. $950 for single with children), plus $12,000 per couple or $7500 per single (provided over two lump sum payments). Do not self-assess - there have been recent changes to eligibility criteria. More information: agriculture.gov.au/agric-farm-food/drought-assistance</td>
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<tr>
<td>Local Government Rate Rebate Drought Hotline: 1800 93 13 14</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Up to $7,500 or 50% of council rate notice</td>
<td>A rebate for local government rates is now available for eligible farmers in South Australia, as part of the South Australian Government’s expanded Drought Support Program. SA primary producers, who are receiving or eligible for Farm Household Allowance, can receive a rebate of 50% - up to a maximum of $7500 - for a single rate notice for each of the 2019/20 and 2020/21 financial years. More information: prsa.sa.gov.au/drought</td>
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<tr>
<td>Multi-peril crop insurance</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Various</td>
<td>Stamp duty fees on multi-peril crop insurance have been waived for primary producers in South Australia. Multi-peril crop insurance covers production costs incurred by farmers if their crop fails due to a nominated part, which in SA includes drought. Call your Local Rural Financial Counsellor or business consultant.</td>
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<tr>
<td>On-Farm Emergency Water Infrastructure Rebate Scheme</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Up to $10,000 or 50% per cent of purchase costs</td>
<td>A rebate is available for drought affected farmers who invest in urgently-needed on-farm water infrastructure. Eligible farmers can access a 50% rebate on new purchases and installation costs for on-farm water infrastructure to help them in the current drought and be better prepared for future dry conditions. Go to: prsa.sa.gov.au/inform-water-rebates</td>
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<tr>
<td>Pastoral Lease Rebate Drought Hotline: 1800 93 13 14</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Up to $3,500 or 50% of pastoral lease</td>
<td>A rebate for pastoral leases is now available for eligible farmers in South Australia, as part of the South Australian Government’s expanded Drought Support Program. SA primary producers, who have a pastoral lease, can receive a rebate of 50% - up to a maximum of $3500 - for a single lease for each of the 2019/20 and 2020/21 financial years. More information: prsa.sa.gov.au/drought</td>
</tr>
<tr>
<td>Red Cross South Australia Ph (08) 8100 4500</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Nil</td>
<td>Red Cross South Australia is delivering a Drought Recovery program across the drought-affected regions in SA. Regional Red Cross Drought Coordinators are based on the Eyre Peninsula and the mid/upper North regions. The program and coordinators will deliver a range of community-led wellbeing, resilience and recovery activities and support, directed at individual farmers and farming families, schools and communities in drought affected regions.</td>
</tr>
<tr>
<td>Regional Investment Corporation – Drought, Farm Investment Loans</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Loans up to $2 million, 3.11% variable interest rates (no interest first 2 years) and no fees</td>
<td>RIC provides farm concessional loans up to $2 million. From Jan 2020, loans will be first two years interest free. Can apply at any time. Loans are aimed at supporting farming businesses to prepare for, manage through, or recover from drought. More information: ric.gov.au</td>
</tr>
<tr>
<td>Rural Financial Counselling Service (RFCS) RFCS Freecall: 1800 836 211</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Nil</td>
<td>Delivered by Rural Business Support, the RFCS offers free, independent, confidential and professional business support for primary producers and small related agricultural business owners who are experiencing financial difficulties. The service can help primary producers with information about FHA, RIC loans, Farm Debt Mediation and SACWA financial assistance applications. Support is also available to help people to prepare for lender meetings, plus business analysis and referrals to other services. More information: ruralbusinesssupport.org.au/RFCS</td>
</tr>
<tr>
<td>SA Country Women’s Association (SA CWA) financial assistance RFCS Freecall: 1800 836 211</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Up to $3,000</td>
<td>The SA CWA is working with Rural Business Support to provide financial assistance of up to $3000 to farmers in drought-affected regions. For information on how to apply, call Rural Business Support and talk to a Rural Financial Counsellor. More information: sasbc.sa.gov.au</td>
</tr>
<tr>
<td>Telecommunication and Power Bill Assistance</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Various</td>
<td>Nil</td>
<td>Contact your telecommunication or power service providers, or a Rural Financial Counsellor, to assist with negotiations. Most of these services have hardship policies to allow people who are doing it tough to negotiate payment arrangements.</td>
</tr>
</tbody>
</table>