

MEDIA RELEASE



Monday, 12 November 2018

Concert helps CRRMH provide mental health support for drought-affected farmers and communities

The Centre for Rural and Remote Mental Health (CRRMH) is honoured to be chosen as the beneficiary of the upcoming *Band Together Farmers* Concert coming up on Saturday 17 November in Parkes.

CRRMH Senior Development Officer Vanessa Delaney said the funds raised will help the CRRMH to make important investments in on-the-ground programs and research that will make a real difference for people's mental health now and in the medium to long-term.

"This funding will put us in a position to be able to really support the mental health and wellbeing of our farming communities during this current drought and hopefully for the next one and the next one after that.

"This is not the first drought and nor will it be our last - we want to make sure our communities can deal with these forms of adversity and come through the other side, stronger and more resilient", Ms Delaney said.

"We want to reduce the personal, family and community consequences of rural adversity in the future - to know what works, why and when, and that is why research is so important", she said.

Ms Delaney said that the CRRMH is focused solely on rural and remote mental health and wellbeing, which looks very different to mental health and wellbeing for people who live in cities.

"Band Together Farmers have recognised that to ensure that 100 per cent of the funds raised at the concert are used to assist rural and remote people, it was important that their beneficiary have that sole focus and not be a city based organisation," she said.

The CRRMH will have a strong presence at the Concert hosting a marquee for people to visit which will include members of the team on hand to chat, information and resources, interactive games and activities and mental health support.

There will also be a Story Pod providing a safe space for people to come and tell their stories of what they do for their mental wellbeing and what they would like to do to support farmers.

ReachOut (an online mental health organisation for young people and their parents) will also be sharing the marquee and providing information and resources specifically for communities affected by drought.

"We encourage everyone at the concert to pop in and have a chat with our team and find out more about what the CRRMH does and how we can help," said Ms Delaney.

"We know that there is a long-term impact of stressful situations like drought which can have a far-reaching effect on communities, including their mental health and wellbeing.



“This is why it’s also important that people stay socially connected by continuing to attend community events and information days as this will help them to maintain good mental health and manage stress.

“We also want to make people aware of what to look out for, how to support someone who is struggling with their mental health and how and where to seek help,” she said.

To find out more about the *Band Together Farmers* Concert and to buy your tickets, jump online at www.bandtogetherfarmers.org. For those looking for transport options, there are plenty of buses as well.

If you have any concerns about yourself or a loved one, please contact the NSW **Mental Health Line on 1800 011 511 (free call for landlines)** or call **Lifeline on 13 11 14**.

For best practice guidelines on Mental Health Reporting, visit <http://www.mindframe-media.info/>

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