

# MEDIA RELEASE

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## RAMHP team provides mental health support at AgQuip Field Days

The Rural Adversity Mental Health Program (RAMHP) team is encouraging everyone at the National AgQuip field days (August 20-22) to come and have a chat, learn more about mental health and wellbeing and get some stress management tips and information.

RAMHP Program Coordinator Letitia Cross said that during periods of prolonged drought there are factors out of our control that cause significant ongoing stress.

“This is why during these times it is particularly important to look after ourselves so we can make clear decisions, avoid illness and support our family, friends and community.

“It is important during prolonged stressful times that we make time to look after our mental health, because ultimately we can’t look after our loved ones, our mates, our community or our businesses’ if we aren’t looking after ourselves.

“It is a particularly tough time for rural communities and we want people to feel comfortable that they can come and chat about practical self-care, managing current stress levels or how to help others who they might be concerned about,” she said.

“We know that mental health problems are both common and treatable and that if we look after ourselves, notice changes and find help early, we have a much better chance of a faster recovery or avoiding illness in the first place”.

You can find the RAMHP team located next to the Local Land Services (LLS) and the Rural Financial Counselling Service (RFDS).

There will also be members from the Hunter New England LHD Drought Support team on hand for anyone who would like advice or a more in-depth conversation.

You can also follow RAMHP on Twitter, Facebook and Instagram to keep up with what’s happening.

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) for advice**, or **Lifeline on 13 11 14**. For best practice guidelines on Mental Health and Suicide Reporting, visit: [mindframe.org.au](http://mindframe.org.au)

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