

The Rural Adversity Mental Health Program (RAMHP) connects rural people to the help they need



LINK

Ask us where to go for the most suitable mental health assistance for your situation



INFORM

Find information on a range of topics on rural mental health



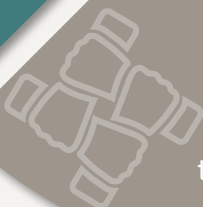
ramhnp

RURAL ADVERSITY
MENTAL HEALTH
PROGRAM



TRAIN

Learn more about mental health and wellbeing and what help is available



PARTNER

Talk to us about how we can work together to improve mental health and wellbeing



Centre for
Rural & Remote
Mental Health

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ENTER YOUR POSTCODE
TO FIND YOUR LOCAL
RAMHP COORDINATOR

SUBMIT



Contact
your local
RAMHP
Coordinator

RAMHP has Coordinators
based across NSW
who provide specialist
knowledge and support for
people experiencing mental
health concerns