

# Online wellbeing support and counselling for farming people



## Community Support

Relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.



## Professional support

Our team of professionals aim to provide early response to emotional wellbeing as well as emerging mental health needs via our online site and counselling sessions.



## Self-help

Helpful articles, personal experiences and tips from our community and professional team. You can also set personal goals, write in your journal, or start a discussion with the community.