



Farmgate Wellbeing Service

The Farmgate Wellbeing Service provides **free** emotional and mental health support to people living and working in rural and remote communities throughout the Mid North Coast Local Health District.

Who can we help?

Anyone experiencing stress from drought, fires, floods

Farmers and farming families

Frontline workers/business providers

Local Businesses

Contract/seasonal workers

We can travel to you

Visits can be arranged on your farm, home or business OR any other place of convenience like your favourite coffee shop.

0498 470 435

Email: MNCLHD-DisasterRecovery@health.nsw.gov.au

Monday to Friday 8am – 4.30pm