

'Look over the farm gate'

Look out for them, look out for you...



Look Over the Farm Gate and the National Centre for Farmer Health present

Free Mental Health Training for South-West Victoria

Do you want to learn how to identify and assist people experiencing intense stress, anxiety or depression?

Hamilton - Livestock focused

Date: Wednesday 13th February

Time: 2.30pm - 6.30pm

Meal: Includes complementary afternoon tea and dinner

Venue: To be announced

Cobden - Dairy focused

Date: Thursday 14th February

Time: 10.30am - 2.30pm

Meal: Includes complementary morning tea and lunch

Venue: To be announced

We are looking for **farmers, community members and agricultural industry representatives** who want to learn more about mental health and increase their capacity to help community members and farmers recovering from the St Patrick's Day fires and ongoing seasonal challenges.

No prior experience with mental health or counselling required. You will not be expected to be a counsellor or mental health professional by the end of the training.

Spaces are limited - email lookoverthefarmgate@vff.org.au or call 1300 882 833 to secure your place.

