

Having to travel far from home to access a mental health service can cause extra stress. The Flying Doctor offers support right here in the local community.

Joe, Mental Health Clinician

Flying Doctor Wellbeing has helped me to better understand how grief and loss was impacting my life both at home and at work.

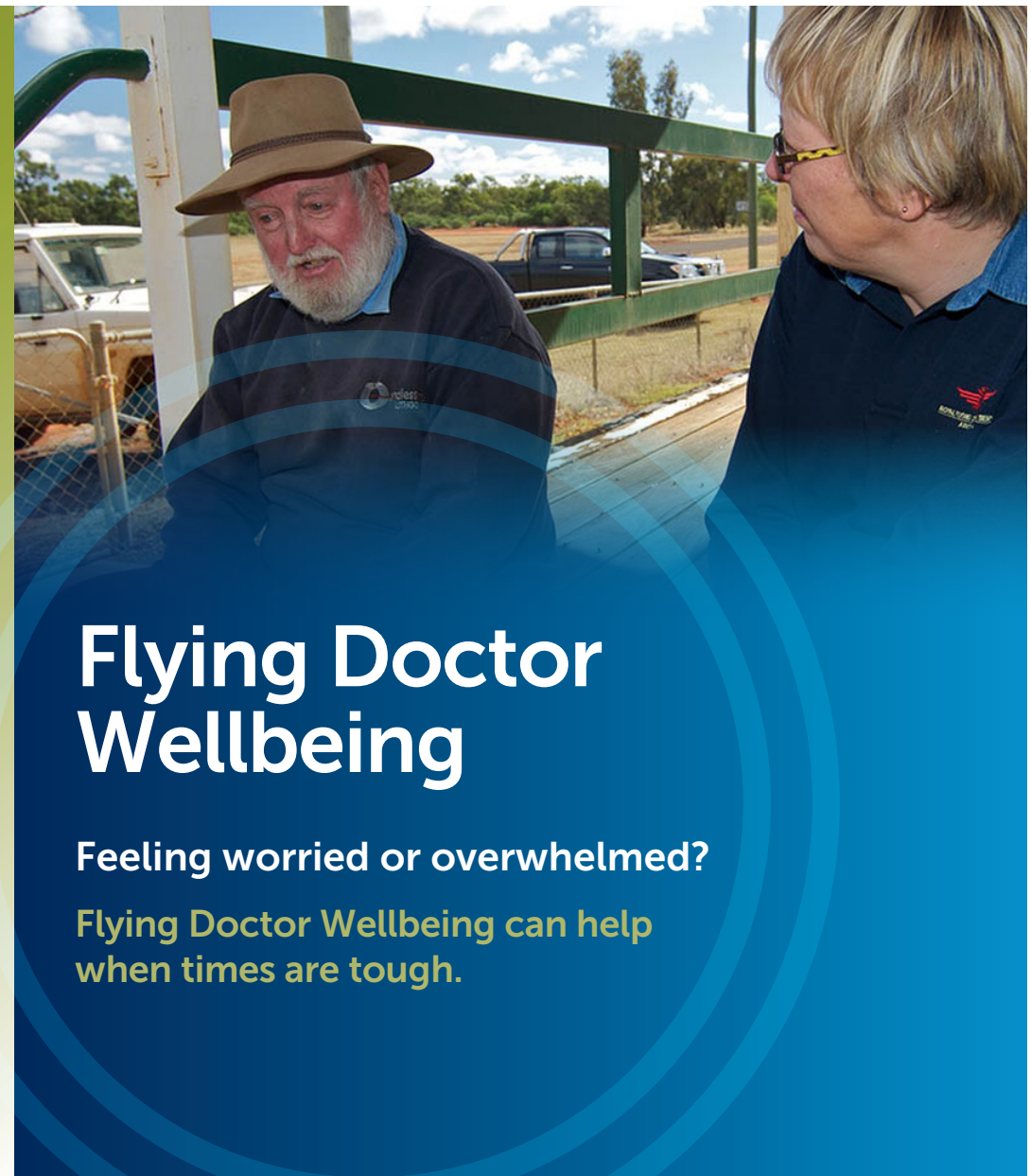
Mark, Flying Doctor Wellbeing client

My clinician gave me tools to deal with stress. I don't feel as worried as I used to.

Sophie, Flying Doctor Wellbeing client

To learn more about Flying Doctor Wellbeing, please contact:

T (03) 8412 0480
E wellbeing@rfdsvic.com.au



Flying Doctor Wellbeing

Feeling worried or overwhelmed?

Flying Doctor Wellbeing can help when times are tough.

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ABN 71 004 196 230

What is Flying Doctor Wellbeing?

Flying Doctor Wellbeing, offered by the Royal Flying Doctor Service Victoria, provides access to free mental health and wellbeing services for people living in rural and remote communities.

This is a free and confidential support service to help you through tough times. You can access up to six sessions with a mental health clinician without needing to leave your local community. Appointments are available face-to-face or via telehealth.

Flying Doctor mental health clinicians help you talk through your concerns, provide expert advice, resources and strategies. If necessary, clinicians will refer you to more specialised help.

Building and maintaining mental health is just as important as physical health and Flying Doctor Wellbeing is designed to help.

Who can access the service?

Flying Doctor wellbeing can help if you are aged 18+, live or work within 60 minutes of a service site and are experiencing:

- worry, sadness, stress or low mood
- relationship or family difficulties
- financial stress
- lack of confidence
- grief or loss
- concern for a family member or friend.

No GP referral is required to access this service. You can contact us directly or ask your trusted health professional to put you in touch.

What can I expect in my first appointment?

Flying Doctor Wellbeing appointments can last up to one hour. At your first appointment you will meet your clinician. They may ask you lots of questions. While this may be difficult, this ensures our clinicians understand your concerns and tailor future appointments to best support your needs. Don't worry, no problem is too small.

Feeling nervous is normal, but your appointments will get easier as you become more comfortable. Your clinician will work with you to develop a personalised plan to support your wellbeing.

Where can I access the service?



How to make an appointment

To find out more or to make an appointment, contact the Flying Doctor Wellbeing team:

T (03) 8412 0480

E wellbeing@rfdsvic.com.au

If you or a loved one is in crisis and needs practical assistance, contact your local 24 hour Mental Health Triage Service:

Gippsland > 1300 363 322

Loddon Campaspe/Southern Mallee > 1300 363 788

Glenelg (South Western) > 1800 808 284

Grampians > 1300 661 323

Alternatively contact Lifeline on 13 11 14 for emotional support.

