

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*

I feel very comfortable talking to my clinician and I find the sessions really helpful.

*Paul, Flying Doctor Wellbeing client*

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*

Being able to access services locally was extremely important for me. If I had to travel 100km to the next closest service, I probably would not have sought help.

*Leanne, Flying Doctor Wellbeing client*

**To learn more about Flying Doctor Wellbeing, please contact:**

**T (03) 8412 0480**

**E [wellbeing@rfdsvic.com.au](mailto:wellbeing@rfdsvic.com.au)**

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ABN 71 004 196 230



**Royal Flying Doctor Service**  
VICTORIA



# Flying Doctor Wellbeing

**Feeling worried or overwhelmed?**

**Flying Doctor Wellbeing can help when times are tough.**



**Royal Flying Doctor Service**  
VICTORIA

## What is Flying Doctor Wellbeing?

**Flying Doctor Wellbeing is a free mental health service for people in rural and remote Victoria.**

We're here to help you through the tough times. You can access free, private appointments in your local community. Appointments are available face-to-face and via telehealth and telephone.

Our team can help you talk through your worries and concerns. They can provide expert advice, resources and support.

## Who can access the service?

Flying Doctor Wellbeing can help if you are aged 18+, live or work near a service site and are experiencing:

- depression and/or anxiety
- 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, which may be difficult. These questions help us to understand your concerns and best support you. Don't worry, no problem is too small.

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

## 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](mailto:wellbeing@rfdsvic.com.au)**

If you or a loved one is in crisis contact your local 24 hour Mental Health Triage Service for practical support:

*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.

