

Wednesday, 9 December 2020

Local Program Supports Farmer Health & Wellbeing

A local program that supports and builds the mental health and wellbeing of local farmers will continue throughout 2021 thanks to funding from Gannawarra, Swan Hill, Buloke and Loddon Shires.

The Tactics for Tough Times (T4TT) Program is an initiative of Northern District Community Health (NDCH). The program started in April 2018 in response to the impacts on rural communities and the agricultural industry of climate change/drought, milk prices, and water availability. Those ongoing stressors impacted on the mental health and wellbeing of farming communities, requiring a local response to support people.

T4TT has been hugely successful in increasing the skills of local people to support each other through positive conversations. People from all walks of life in rural communities gain knowledge of local support services and how to help their mates, neighbours or associates through stressful times. The program has developed an online presence with the availability of Zoom programs, YouTube videos and a Facebook page.

“We are so pleased to secure the extension of this program,” NDCH CEO Mandy Hutchinson said. “The Tactics for Tough Times program has reached over one-thousand people in our community. Those people are now better able to support someone struggling with the climatic conditions, COVID-19 pandemic and other factors impacting their wellbeing.”

T4TT uniquely works with local businesses, service providers and community members alike across the large geographical region of the Gannawarra, Buloke, Swan Hill and Loddon shires. It highlights the opportunities for wellbeing support and reducing the stigma around mental health in rural communities.

The funding announcement coincides with the launch of the Tactics for Tough Times Facebook page and a video on the 5 Ways to Wellbeing. “By using social media we can help keep wellbeing “front-of-mind” for more people while connections are reduced due to the pandemic,” T4TT Coordinator Paul Lacy said. “The video is an entertaining way of getting the wellbeing message across.”

For more information about the T4TT program contact the NDCH on 5451 0200

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Media Release:



Photos from the 5 Ways to Wellbeing video, which was filmed prior to COVID-19 mask rules

