

Bendenine Wind Farm



Social wellbeing program

We know that in regional areas, access to mental health services can be limited. We also recognise that many people are doing it tough, and for some, the proposed Bendenine Wind Farm project may feel like an added pressure or something beyond their control.

In response to feedback from the local community, we're providing financial support for people to access a confidential phone and video-based wellbeing service staffed by psychologists. The service offers practical support for anyone experiencing stress or anxiety in the communities surrounding the proposed Project.

Make a booking

To book a free session with a psychologist, follow the below steps:

1. Visit the Rural Health Connect website: ruralhealthconnect.com.au
2. Select **EAP** from the **Services** menu
3. Select your preferred practitioner and time
4. Complete registration, then enter **wind** as the EAP Program Code
5. The day before your appointment you will be sent a reminder with a link. Click on the link at the time of your appointment to start the video call.

If you are unable to book online, you can call **0493 432 144** or **0493 201 005** to arrange an appointment. Staff may be attending to other calls or in sessions, but they will return your call as soon as possible.

Supporting community wellbeing



Free, confidential support from qualified mental health professionals.



Easy access via phone or video with no travel and no referral needed.



Inclusive and non-judgmental, open to all, regardless of project views.



Tailored for rural communities, supporting people through stress, change and uncertainty.



Trial period, developed in direct response to community feedback.

How will the social wellbeing program work?

Wind Prospect is providing funding for people to access wellbeing support delivered by Rural Health Connect, an independent organisation that connects people in regional areas with qualified mental health professionals. All sessions are managed solely by Rural Health Connect and provided by registered psychologists or mental health clinicians via confidential phone or video consultations.

The service will be delivered remotely, via phone or video call, making it accessible regardless of where you live or your ability to travel. All practitioners are suitably qualified and experienced in working with rural communities and supporting people through stress and uncertainty.

Who will know if I use the service?

The service is fully confidential and run by Rural Health Connect. Wind Prospect will not know who uses the service and will only receive periodic reports on overall usage.

No personal information is shared, and the Project team has no involvement in who accesses the service.

How many sessions can I access, and is there a cost?

There is no cost to use the service. Eligible community members can access three sessions initially. Additional sessions may be accessed at the request of the practitioner.

How long will the service be available?

The program will initially run as 12-month trial. We will continue to work with the community and Rural Health Connect to assess and evaluate the effectiveness of the service and explore alternative social wellbeing initiatives.

24/7 Mental Health Services

It is important to note that the social wellbeing program is designed to provide support for people requiring structured care, rather than a crisis intervention service. If you require immediate support during a mental health crisis, please reach out to one of the below services.

Suicide Call Back Service

For anyone thinking about suicide
suicidecallbackservice.org.au
1300 659 467

Lifeline

For anyone having a personal crisis
lifeline.org.au
13 11 14

Beyond Blue

For anyone feeling anxious or depressed
beyondblue.org.au
1300 22 4636

Kids Helpline

Counselling for young people aged 5-25
kidshelpline.com.au
1800 55 1800

Who can access the social wellbeing program?

The service is free and available to people living or working in the area surrounding the proposed Project, including the communities of Bowning, Binalong, Kangiara and Goondah. We trust community members to decide if the service is relevant to them. If you're unsure whether you're eligible or would like more information, please don't hesitate to get in touch with Rural Health Connect.



About Rural Health Connect

Rural Health Connect is a national telehealth service that connects people in rural and remote areas with experienced psychologists.

- Staffed by registered psychologists and clinicians experienced in rural mental health.
- Delivers confidential counselling and support via phone or video.
- Independent of Wind Prospect and not affiliated with the proposed wind farm in any way.
- No personal information is shared with Wind Prospect or any third party.
- Rural Health Connect does not own or store any clinical notes - these are made and stored by the psychologist in accordance with relevant legislation and professional requirements.
- People who access the service can request these notes from their provider and can also contact Rural Health Connect at any time to request access to the personal information they hold about them.

For other mental health resources please visit the Health Direct website at: www.healthdirect.gov.au/mental-health-services-infographic.

