

FocusOne Strong

Staying strong through uncertainty. Mental health support to help farmers and communities deal with the uncertainty, stress and anxiety of drought conditions

The FocusOne Strong program provides mental health support to help farmers and communities deal with the uncertainty, stress and anxiety of drought conditions. The program provides therapeutic short term counselling for people who have been diagnosed with mild to moderate mental health problems such as anxiety or depression. FocusOne Strong services are available to community members in the Riverland and parts of the Mallee.

Want to know more?

Contact FocusOne Health or speak to your GP and request a referral (GP Mental Health Treatment Plan).



Funded by



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