# ROC – RURAL OUTREACH COUNSELLING INC.

## REACHING OUT SAVING RURAL LIVES

**Rural Outreach Counselling Inc. (ROC)** aims to significantly reduce suicide, the impact of depression and anxiety in rural families and communities throughout regional Australia. This aim will be achieved by reaching out proactively with help and support to those who can't, or won't, present to a General Practitioner (GP) or existing mental health services.

ROC is a not-for-profit, community funded mental health counselling support service focusing on sufferers and their families in rural and remote Australia,  starting out in the Riverina region of New South Wales.

Experienced counsellors will work with individuals, or their families, to assess those in need; provide strategies for beginning recovery and support sufferers one-on-one. If necessary this support can be done in the person's own home at minimal cost.

"MateKeepers" – key community members will support ROC's counsellors by helping identify sufferers and act as a conduit with those in need.

ROC seeks to "short circuit" the presentation and bureaucracy requirements that often accompany mental health service provision, thereby enabling sufferers, their families and communities **clearer, more accessible pathways to support and professional help when and where they need it.**

## What is ROC's core philosophy?

Bad things can happen when good people do nothing - look, listen and let someone know.

With the hustle and bustle of everyday life it's easy for us all to **miss, dismiss or avoid** the causes and symptoms of poor mental wellbeing. Because of this our families and communities are experiencing the worst possible outcomes. **Look, listen and let somebody know** is a simple strategy to prevent the downward spiral of mental health into crisis. Medical nursing and mateship are based on caring, and the best possible caring is given **face-to-face,** one-on-one support. **The most effective care is given freely,** not dispensed after having to present for care.



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