



ROC

RURAL OUTREACH COUNSELLING

RURAL OUTREACH COUNSELLING INC. (ROC) IS A COMMUNITY-MINDED MENTAL HEALTH CHARITY WORKING OUT OF THE RIVERINA REGION OF NEW SOUTH WALES.

ROC was founded with rural service gaps in mind. ROC understands the lack of support services, the long waitlists, and the distances some are required to travel for a face-to-face consult.

ROC aims to significantly reduce 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.

Our Services

- **MateKeeper Program:** Everyday people who want to be proactive in reaching out to those struggling with mental health.
- **Counselling:** Our accredited professionals provide a safe, confidential environment for people to talk openly and honestly.
- **Free Suicide Prevention training:** Contact our Coordinators to organise or be involved in upcoming trainings.



Contact us for more information:

0418 762 255 / matekeeper@ruraloutreach.com.au

