

The RMFN Telephone Counselling Service

The RMFN Telephone Counselling Service provides help and advice for rural/remote doctors and their families experiencing concerns or problems, no matter how big or small.

The service is:

- Confidential
- Professional
- Accessible (24 hours – seven days)
- Free of charge

If necessary, the counsellor can assist with identification of more serious issues and refer to the appropriate professional.

If follow-up face-to-face consultations are needed, clients may choose to arrange private consultations with the counsellor at their own expense.

How it works

- Telephone **FREECALL 1800 218 176** (some charges apply from mobiles).
- Call diverts to a dedicated line at a professional answering service.
- Ask to speak to the RMFN family counsellor and leave a return telephone number.
- Telephone as often as you like.

RMFN contact details

For information, support or advice contact one of the following:

RMFN Project Officer
C/- Rural Health West
PO Box 433, Nedlands WA 6909

Email: **rmfn@ruralhealthwest.com.au**
Telephone: **(08) 6389 4507**
Facsimile: **(08) 6389 4501**
Mobile: **0407 385 989**
Website: **www.ruralhealthwest.com.au**

OR

Your local RMFN Area Representative

Name _____

Town _____

Telephone _____

Email _____

OR

RMFN (WA) Telephone Counselling Service

Telephone **FREECALL 1800 218 176**
(some charges apply from mobiles)
Ask for the RMFN family counsellor



The RMFN is funded by Rural Health West and the Commonwealth Department of Health and Ageing



Rural Medical Family Network
Western Australia

*The heart of
country medicine*



**SUPPORTING RURAL AND REMOTE
DOCTORS AND THEIR FAMILIES**

Contact us

The RMFN thrives on active participation and feedback. If you have any concerns or suggestions, please let us know by contacting:

Wendy Williams
(08) 6389 4507
rmfn@ruralhealthwest.com.au



The heart of country medicine

A healthy environment, a sense of belonging to a community and safety for children are just some of the benefits to living in the country.

But for some people, moving into a rural area can be a bit daunting at first. The lifestyle and culture may be very different, particularly for those who have recently arrived from overseas.

The Rural Medical Family Network (RMFN) is a group of voluntary medical partners, living and working throughout rural Western Australia, who are always ready to provide information, understanding, practical assistance and emotional support to other medical families.

The RMFN acknowledges that communication and interconnection between rural medical families enriches their country way of life.

Networking and peer support can help medical families address problems through shared understanding and solidarity. Experienced rural families can offer valuable insight and practical advice to those newly relocated.

Life in rural and remote communities can provide rich and varied experiences. The sense of belonging fostered through the RMFN aims to celebrate rural living and negate any feelings of isolation that may be encountered. Regardless of how long your family has been in rural Western Australia, the RMFN is available to you.

Are you on our mailing list?

Call **(08) 6389 4507** today to receive your copy of the *After Hours* newsletter.

Our aim is to:



- provide initial contact and information to medical families relocating to rural areas;
- reduce isolation for rural families by fostering statewide peer rapport and a sense of connectedness;
- facilitate interaction between medical families at social networking functions;
- support rural doctors and their families in difficult times through counselling and well-being services;
- enhance employment and personal development opportunities for rural medical spouses;
- work collaboratively with rural Divisions of General Practice/GP Networks in meeting the needs of medical families; and
- promote family and workforce retention issues to Government and other bodies.



We provide:

- Welcome information packs
- Meet and greet visits
- Regional networking events
- Family programs at Continuing Professional Development weekends
- Telephone counselling service
- *After Hours* newsletter
- Registrar support program
- Ongoing peer support



Regional information online at
www.ruralhealthwest.com.au