

South Australian assistance guide for grape growers and winemakers

October 2026



**SOUTH AUSTRALIAN
WINE INDUSTRY
ASSOCIATION**



**WINE
GRAPE
COUNCIL
SA**



**Government
of South Australia**

Department of Primary
Industries and Regions

South Australian assistance guide for grape growers and winemakers

A range of services and support options are available to help South Australian grape growers and winemakers navigate the current challenges facing the wine industry. This document brings together key information on financial assistance, business advisory services, mental health support and other relevant resources to assist primary producers in making informed decisions and accessing the help they need.

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Financial assistance

Council Rate Relief for grape growers

Grape growers in the Berri Barmera area are eligible for a rate remission. For the 2026/2027 financial year and taking into account the economic impacts suffered by primary production properties within the Council's area as a result of the economic downturn of wine grapes, the Council will, on application, grant a remission on grounds of financial hardship of primary production properties that are eligible, as follows: \$200 per annum for general rates. To be deemed to cause hardship and for the remission to apply, the assessment must be subject to the following criteria for the 2026/2027 financial year:

- Primary Production Property
- Land Use: Wine grapes
- Can provide evidence of hardship.

An example of evidence could be but not limited to:

- Producing the Farm Allowance Card from Centrelink evidencing receipt of farm household allowance
- Letter from a rural financial counsellor or welfare agency.

Applications for a remission must be in writing, addressed to the Chief Executive Officer, Berri Barmera Council, PO Box 229, Berri SA 5343 and include sufficient details to identify the relevant property and support the application. Alternatively, an application form can be accessed from Council's website at www.berribarmera.sa.gov.au

Grape growers in the Renmark Paringa area can apply for a postponement or remission of rates on the basis of hardship. Where a ratepayer is suffering hardship in paying rates they are invited to contact Council's Rates and Property Officer on 08 8580 3000 to discuss the matter. These enquiries are always treated with the highest confidentiality.

For all the details on how to apply for the rate remission can be accessed from Council's website at <https://www.renmarkparinga.sa.gov.au/council/rates/rebates-and-concessions>

Grape growers in District Council of Loxton Waikierie can apply to partially or wholly remit rates or to postpone rates, on the basis of hardship. Where the ratepayer is suffering hardship in paying rates he/she is invited to contact the Finance Officer - Rates on 8584 8000 to discuss the matter. Council treats such enquiries confidentially and has arranged for access to the Rural Financial Counsellor to undertake assessments independently.

For all the details on how to apply for the rate remission can be accessed from Council's website at <https://www.loxtonwaikierie.sa.gov.au/your-council/council-rates-fees-payments/rebates-and-concessions>

Rate relief on the basis of financial hardship may also be available in other Council areas. Check your local Council website for further information.

Farm Debt Mediation

Office of the Small Business Commissioner

W: sasbc.sa.gov.au

T: 1800 702 722

Farm debt mediation is a structured conversation between you and your creditor, guided by an independent mediator. They help you understand how mediation works so you can respond early,

reduce pressure, and explore practical options before the situation escalates. It gives both parties the opportunity to discuss the situation, understand each other's position, and work towards practical solutions.

You and your creditor both attend the mediation, with the option to bring a lawyer or another support person if you choose. The mediator does not take sides or make decisions; their role is to support a fair and constructive discussion.

Mediation is subsidised at a cost of \$195 per party, per day.

Important: Your bank cannot take enforcement action on your farm mortgage until it has offered farm debt mediation and given you 21 days to respond.

Farm Debt Mediation provides obligations for creditors and rights for farmers under the [Farm Debt Mediation Act 2018](#).

Farm Household Allowance (FHA)

W: agriculture.gov.au/fha

T: Farmer Assistance Hotline - 13 23 16

The FHA provides eligible producers and their partners who are experiencing financial hardship with assistance and support to improve their long-term financial situation.

The program provides a package of assistance that includes:

- up to four years of fortnightly income support (in every 10-year period)
- ancillary allowances such as Pharmaceutical Allowance, Telephone Allowance, Rent Assistance and Remote Area Allowance and a Health Care Card
- a professional financial assessment of the farm business (worth up to \$1,500)
- funding to help develop skills, access training and pay for professional advice (up to \$10,000 and can include reasonable travel and accommodation to undertake training)
- regular support of a case manager.

Rural Business Support can help eligible families access their FHA entitlements or provide more information. You can call them on 1800 836 211 (freecall).

Farm Management Deposits (FMD)

W: ato.gov.au/fmd

T: Australian Taxation Office Business Tax Enquiries - 13 28 66

The FMD Scheme assists primary producers to deal more effectively with varying income. It is designed to increase the self-reliance of Australian primary producers by helping them manage their financial risk and meet their business costs in low-income years by building up cash reserves.

The scheme allows eligible primary producers to set aside pre-tax income from primary production in years of high income, which they can draw on in years of low income. Income deposited into an FMD account is tax deductible in the year the deposit is made. It becomes taxable income in the year in which it is withdrawn.

Regional Investment Corporation Loans (RIC)

W: ric.gov.au

The Australian Government provides low interest loans for primary producers for farm investment, debt restructuring, operating expenses and drought recovery activities. These loans are now administered by the Australian Government's central entity, the Regional Investment Corporation.

The loans include:

- variable interest rate, currently 5.71% (as at 1 August 2026)
- loan terms of 10 years, including 5 years interest-only period
- up to \$2 million.

South Australia Winegrape Grower Transition Loans

W: pir.sa.gov.au/crops-and-plants/grape-and-wine/south-australia-wine-industry-transition-and-future-growth-package

The South Australia Winegrape Grower Transition Loan Scheme supports eligible South Australian winegrape growers to transition unviable vineyards to more sustainable and higher-value land uses.

The scheme will provide loans to eligible growers who have been impacted by global wine oversupply, declining grape prices, shifting consumer demands and ongoing market pressures.

- eligible growers will be able to access loans of up to \$500,000
- total funding for the scheme is \$100 million
- loan term of up to 10 years
- no principal or interest repayments are required for the first 2 years of the loan.

To be notified when the scheme opens for applications, submit an [expression of interest](#).

Rural Business Support Relief Fund

Wine grape growers across the state who are experiencing challenges due to drought conditions can access additional support through a State Government grant to Rural Business Support.

The Rural Business Support Relief Fund will assist by providing financial support for drought impacted red wine grape growers by making available immediate [grants to those eligible of up to \\$1,500](#) to accommodate routine costs. Financial assistance will be provided in conjunction with business financial planning. From January 2026 Rural Business Support will offer Round 2 grants of a \$1,500 RBS Relief Fund rebate to existing case managed clients.

Rural Financial Counselling Service (RFCS)

W: ruralbusinesssupport.org.au/rfcs

T: 1800 836 211 (freecall)

Any primary producers and small rural business owners who are experiencing financial difficulties or who have concerns about the financial impacts of the current market conditions impacting the South Australian wine sector can contact the RFCS, which provides free, confidential and impartial business support and information.

The RFCS is also able to provide support in the application process for Farm Household Allowance and Farm Management Deposits.

The RFCS can help primary producers and small rural businesses to understand their financial position, prepare cash flow budgets to manage through the next 12 months, prepare for meetings with their banker, or consider other options to become more profitable. Counsellors can provide support over the phone, visit you on-farm or meet you at a mutually agreeable location.

In South Australia, this program is delivered through Rural Business Support (RBS) who provides free, independent and confidential Rural Financial Counselling and Small Business Financial Counselling to eligible wine grape growers, wineries and wine-related small businesses.

Its offices are located in:

- Berri
- Clare
- Magill
- Murray Bridge
- Port Lincoln
- Wudinna.

Sharing information about RBS could help someone take the first step towards understanding their options. To make this simple, RBS have a [Wine Industry Financial Counselling Media Kit](#) with ready-made content and assets you can share across your network.

More information can be found on the [Rural Counselling Services website](#)

Telecommunication bill assistance

Contact your telecommunication services directly or a Rural Financial Counsellor to assist with negotiations. All telecommunications services have hardship policies to allow people who are doing it tough to negotiate payment arrangements.

Most will provide flexibility with the following:

- long-term payment arrangements
- reviewing and removing administrative fees
- placing customers on more affordable plans
- conversion to pre-paid services
- allowing incoming and emergency calls only to fixed lines.

Business assistance and support

Australian Government Grants and Programs Finder

The Australia Government Grant and Program Finder is a free guided search engine to help you find grants, funding and support programs from across government.

You'll need to allow five minutes to enter details about your business to find out what grants and programs you may be eligible for.

To access the Grant Finder, visit [Business.gov.au/grant finder](https://business.gov.au/grant-finder)

Drought support programs

For information on support programs available from the Australian and South Australian Government:

[Drought, disaster and rural support - DAFF](#)

[Drought support - PIRSA](#)

Family and Business (FaB) mentors

W: pir.sa.gov.au/fabs

T: 1800 931 314 (freecall)

E: PIRSA.Recovery@sa.gov.au

The Department of Primary Industries and Regions (PIRSA) initiated FaB mentor service can help you during difficult situations as a primary producer or regionally based agricultural business owner. It is a free, confidential triage service in South Australia, connecting you to assistance specific to your needs.

FaB mentors are located across regional South Australia to provide support and a listening ear when things get tough. They are:

- independent
- confidential
- experienced in dealing with emergency situations.

FaB mentors will help you find ways to manage your unique situation. They work closely with service providers and can connect you to services, including:

- financial counselling
- local health networks
- emotional wellbeing and counselling services
- government and non-government assistance
- community organisations.

The service is free for producers and primary production businesses impacted by events such as:

- drought
- bushfire
- severe floods or storms
- fruit fly outbreaks
- fishing and aquaculture industry reforms
- wine industry market change
- pest and disease outbreaks.

Governance capability training

The South Australian Wine Industry Association (SAWIA) is delivering governance training across wine regions in 2026-27.

Strong governance is critical to the long-term success of South Australia's wine regions and industry organisations. This program will deliver governance fundamentals training across wine regions, helping current and emerging leaders strengthen their skills in governance, decision-making, risk management and organisational leadership. The program aims to build capability, confidence and succession pathways within regional wine industry organisations.

This project is part of the South Australia Wine Industry Recovery Program.

Please contact the SAWIA office on 08 8222 9277 for further information.

Small Business Fundamentals Program

The Small Business Fundamentals Program is an opportunity for small business owners to build knowledge and capabilities in areas such as finance and investment, management, strategic planning, marketing and communications, human resources and more. The programs are delivered through workshops, seminars, mentoring, training sessions and more, and will help your business with access to essential knowledge, assisting you to sustainably grow your businesses.

Spread across regions throughout SA, the program is delivered by partner organisations at a subsidised rate, and in some cases free of charge.

For more information, visit <https://business.sa.gov.au/programs/small-business-fundamentals>

Wine Industry Small Business Growth and Resilience Program

SAWIA will deliver the Wine Industry Small Business Growth and Resilience Program to support the development of key leadership skills in small and family businesses in South Australian wine regions.

The program will help to build the critical skills that wine businesses in South Australia need now and, in the future, to ensure the industry remains vibrant and successful. This program has delivered a range of programs from 2023. In 2026, the programs include Digital Marketing, Financial Mentoring and Storytelling.

SAWIA will deliver initiatives to build capacity through education, tools, and customised support for small and family wine businesses in South Australia. The aim is to strengthen and build improved competitiveness, strategic direction, branding, communication, and resilience.

For more information or to register for this program, visit [Wine Industry Small Business Growth and Resilience Program](#).

Workplace relations

The South Australian Wine Industry Association (SAWIA) can help grape and wine members address workplace safety issues and compliance, human resources matters during business, restructuring or closures, employee performance management and workplace conduct, application of awards to fostering a healthy workplace culture and wellbeing of employees.

They are flexible in their approach to suit members' needs, offering on-site consultations or engaging over the phone, email, or online. Their goal is to ensure that you can make well-informed decisions promptly, complying with the law and respecting the wellbeing of your team, all while minimising risks and considering the long-term benefits.

SAWIA can connect producers with relevant support through Government agencies including the Department of Employment and Workplace Relations SA Job Coordinators to services provided through the Office for Small and Family Business.

SAWIA has partnerships with key suppliers for members to reduce costs, improve sustainability, and to amplify access to valuable information and services.

Please contact the SAWIA office on 08 8222 9277 for further information or to request support.

Market assistance and support

Building Domestic Demand for SA Wine

The South Australian Wine Industry Association (SAWIA) is leading a project to [build domestic demand for South Australian wine](#). The project will strengthen positive associations about South Australian wine among alcohol category buyers and influence purchase decisions, through a modern, distinctive and sustained domestic campaign.

SAWIA partnered with MMAPT Robotics to give 35 wineries access to Stevie, a patented robotic system that creates a [suite of assets and data](#) within 120 seconds for each product at a low cost.

These projects are supported through the South Australian Wine Industry Recovery Program.

Domestic Sales Dashboard

W: marketexplorer.wineaustralia.com/domestic-sales

Wine Australia have a Domestic Sales Dashboard that provides high-level statistics on the Australian domestic market, including retail sales, wholesale winery sales, on-premise and consumer insights.

Global Wine Growth Program

W: [Global Wine Growth Program | Department of State Development](#)

The Global Wine Growth Program supports South Australian wine exporters through targeted international trade activity.

The program aligns to the [Trade and Investment Strategy 2030](#), to increase the state's exports based on competitive advantages, deliver bespoke outbound business missions and to collaborate with industry partnerships to drive commercial outcomes.

Register your interest in [trade missions and events](#) via an expression of interest when they are communicated to you.

Connect with your local [TradeStart Export Adviser](#) for more information.

Grape Growing Cost Calculator

W: [Grape Growing Cost Calculator | Wine Australia](#)

Wine Australia have an online calculator that allows you to estimate the costs of winegrape growing in any of the inland regions of Australia: Riverina, Riverland, and Murray Darling- Swan Hill.

Grape Price Indicators Dashboard

W: marketexplorer.wineaustralia.com/grape-price-indicators

Wine Australia have an interactive Grape Price Indicators dashboard that provides a summary of the key drivers of inland winegrape prices in Australia, as well as an indication of the forecast for grape prices ahead of the next vintage. It combines 12 unique data sources and displays 21 charts in a user-friendly layout to provide greater price transparency for inland winegrape growers. The data sources are updated either monthly or quarterly.

Sustainability Certification

Sustainability certification requires an independent audit against the Australian Wine Industry Standards of Sustainable Practice – Viticulture (AWISSP-VIT1) and/or Australian Wine Industry Standards of Sustainable Practice – Winery (AWISSP-WIN1). An essential part of certification is the attendance at an approved one-off training session. Once training is complete and all the necessary processes and records are collated, the business can arrange for an audit.

More information can be found at [The certification process - Sustainable Winegrowing Australia](#).

SAWIA established the Sustainability Certification Assistance Program to help accelerate sustainability credentials for South Australian grape and wine businesses. This project supported vineyard and wine businesses achieve certifications under [Sustainable Winegrowing Australia](#) (SWA). It was designed to reduce the cost and complexity of certification through a structured and supported program. The activity grew the number of certified South Australian wine businesses, helping to secure South Australia as the preferred wine state for the trade of sustainable certified wine.

TradeStart

The South Australian TradeStart network assists small and medium-sized South Australian exporters to achieve long-term success in international markets.

It offers exporters the combined resources of Austrade and partner organisations from export markets, providing local assistance through the [Austrade Go Global Toolkit](#) and a direct link to Austrade's services globally, in conjunction with the South Australian Department for Trade and Investment's network of overseas offices in 15 countries.

To connect with your regional SA TradeStart adviser, visit dti.sa.gov.au/trade-team.

Technical advice and assistance

The state government partners with industry organisations to support business, technical and/or wellbeing programs. For example, Project 450 is delivered by The South Australian Wine Industry Association and funds industry and market development activities within regions, and activities that improve the skills and capabilities of South Australian wine businesses to compete more successfully in the domestic and international market.

AgInsight Portal

[AgInsight South Australia](#) is an interactive information and 3D mapping portal that provides users with comprehensive agricultural, economic and infrastructure data, including vineyard locations across South Australia, cross referenced with the Vinehealth Register. Regional data is updated over a 5-year period.

CCW Transforming the Riverland diversification assistance

The CCW Cooperative Ltd are assisting the transition of the Riverland irrigated area from winegrapes to alternative crops and supporting improved access to information on alternative crops and revenue streams for all South Australian grape growers. The service provides a range of training, extension, workshops, and forums.

Factsheets and a report evaluating alternatives crops are available from the CCW website:
<https://www.ccwcoop.com.au/transformation-project/>

[Converting vineyards to olives - Fact Sheet - CCW Co-Operative Limited](#)

[Incorporating Agave into SA Riverland Farms - Fact Sheet - CCW Co-Operative](#)

[Converting vineyards to protected cropping – Fact Sheet - CCW Co-Operative](#)

[Converting vineyards to citrus 2026 – Fact Sheet - CCW Co-Operative](#)

[Riverland Agricultural Transformation: Evidence from a Mixed-Methods Regional Assessment](#)

Inland Grower Revenue Options (I-GRO) Diversification Guide

The Inland Grower Revenue Options (I-GRO) Diversification Guide supports winegrape growers in the Riverland and their advisers to explore new revenue opportunities and plan for the future of their farm business.

The [I-GRO Discussion Tool](#) is for service providers as they work with their winegrape grower clients to identify, analyse and inform decisions about diversifying their farm businesses. Service providers include rural financial counsellors, accountants, extension officers, agronomists and rural bankers.

The [I-GRO Grower Workbook](#) is for inland winegrape growers to complete with the support of their service provider. The Workbook contains modules, checklists and templates to map out how to transition and develop a Farm Diversification Plan and potentially access finance.

The I-GRO Diversification Guide was funded by the Australian Government Department of Agriculture, Fisheries and Forestry in response to recommendations of a Viticulture and Wine Sector Working Group.

The materials were developed by RM Consulting Group (RMCG) based on consultation with inland region winegrowing industry associations, winegrape growers, service providers and other stakeholders.

Frost management

This page contains resources that outline key factors to consider when deciding what action to take after a frost event and includes useful resources to learn more about frosts and how to mitigate them.

[Managing spring frost damage - Australian Society of Viticulture and Oenology](#)

Smoke taint management

If vineyards and grapes are exposed to smoke this can result in wines with undesirable sensory characters. The below pages provide information on actions to take if vineyards have been affected by fire or smoke.

[Fire and smoke | Wine Australia](#)

[Smoke taint - The Australian Wine Research Institute](#)

This page contains resources on reducing smoke taint in grapes from stubble and other burning from grain producers.

[Reducing smoke taint in grapes - PIRSA](#)

Vinehealth Australia Register

[Vinehealth Australia](#) maintain a vineyard register, funded by a levy collected on all South Australian vineyards of 0.5 hectares or more according to [The Phylloxera and Grape Industry Act 1995](#). The Act requires vineyard owners to notify Vinehealth Australia of any changes to plantings within three months of the change occurring. These changes can be the removal of existing plantings, the addition of new plantings, or the sale or transfer of property.

Vinehealth Australia State Movement Regulations

To prevent the spread of regulated pests and diseases such as phylloxera, each state has legislation and associated regulations, which restrict or prohibit the movement of risk vectors – i.e., things that could carry the pest. Anyone wishing to move any risk products between states MUST comply with the legislation of the destination state. South Australian legislation and regulations can be found at [State](#)

[Movement Regulations for Grapevines | Vinehealth Australia](#)

Vineyard removal

For grape growers wanting to remove vineyards to diversify their crop, or for waste management of abandoned vineyards, AWRI has a factsheet detailing vineyard removal and waste management options in South Australia. It includes a planning checklist, key steps involved in vineyard removal, estimated costs and recycling options available for vineyard infrastructure such as dripper tube. This work was funded by the WGCSA and PIRSA. Wine Australia and NSW DPI have also funded a guide that provides information on vineyard reworking, top-grafting and vineyard removal.

[Guide-for-Vineyard-removal-and-waste-management AWRI Factsheet](#)

[Options for vineyards: reworking, top-grafting, replanting or removing NSW DPI Management Guide](#)

Vineyard resting techniques

As a result of the oversupply challenges facing the South Australian wine industry, growers of red wine grapes who do not have a contract for vintage may wish to consider vineyard resting as a management practice to reduce input costs, that is, maintaining the vineyard asset under reduced management costs until market conditions improve.

One option to support vineyard resting is to remove the inflorescences or bunches from the vines using foliar applications of the plant growth regulator Ethephon. SARDI have produced a Fact Sheet on this technique: [Resting Vineyards using Ethephon: a Cost-Saving Strategy when Grapes are in Oversupply](#)

Further online resources are available:

[Vineyard Resting AWRI webinar- delivered by Paul Petrie SARDI, October 2025](#)

[Vineyard resting - The Australian Wine Research Institute](#)

[Mothballing vineyards – Wine Australia](#)

Ethephon rebate for vineyard resting

The Ethephon rebate has been opened for a new growing season. Grape growers can be reimbursed \$40 per hectare for the cost of Ethephon for South Australian winegrape growers who choose to trial the chemical to put wine vines in a production hold, saving up to \$2,000 per hectare in input, water and management costs.

Applications will open 25 September 2026 and close at 5 pm on 31 January 2027.

Growers can apply for the rebate for ethephon purchased between 1 July 2026 to 31 January 2027.

[Vineyard Resting Rebate Round 4 \(2026-2027\)](#)

Vineyard waste management

To address the reuse, recovery, management and safe disposal of Copper Chrome Arsenate (CCA) treated timber, a Treated Timber Product Stewardship Working Group, consisting of members of the wine and forest industries, environment specialists and universities, was established in 2025 to develop a business model and implement a [new national stewardship framework](#).

A feasibility study has evaluated the viability of establishing dedicated aggregation site/s in South Australia. For details about the study, see [Feasibility study for a CCA vineyard post aggregation site | Wine Australia](#)

A [Timber Circularity Vineyard Post Reuse Pilot 2026](#) has explored repurposing vineyard posts as agricultural fencing, extending the life of discarded vineyard posts.

These projects are supported through the South Australian Wine Industry Recovery Program.

Legal

Legal Advice Line

T: 1300 366 424

Free telephone legal advice is available for preliminary information, advice and referrals.

Legal Aid

W: lsc.sa.gov.au

When services beyond simple legal advice are needed, the Legal Services Commission of South Australia can arrange a Legal Aid grant to be paid direct to a lawyer to cover legal costs.

However, if legal aid is granted, you will have to pay a contribution towards your legal costs, depending on what you can afford.

Wine Grape Council of South Australia (WGCSA) – Mellor Olsson Lawyers partnership

W: wgcsa.com.au/legal-services-partnership

As part of WGCSA's partnership with Mellor Olsson Lawyers, WGCSA members receive a free 20-minute telephone consultation on any legal matter and discounted fees on services.

Health and wellbeing

In difficult times, people's personal health and wellbeing can be impacted. Help and support can come from a range of sources such as friends, neighbours, service clubs and volunteers as well as the more formal agencies, authorities and services.

Wine Industry Wellbeing Program

The South Australian Wine Industry Association (SAWIA) will deliver a [Wine Industry Wellbeing Program](#) during 2026-27 to improve access to mental health and wellbeing support for winegrape growers, winemakers, their families, regional businesses and communities during a period of structural adjustment in the sector. The program builds on the Wine Connect program delivered by SAWIA in 2025.

The wellbeing program is co-designed with regional associations to deliver locally tailored activities to meet the unique needs of each regional wine community. Support will be delivered through a series of activities over time, providing assistance, support and community connection where it is needed most. The program will also include Mental Health First Aid training, equipping participants with the skills to recognise early signs of distress and connect people with appropriate services.

Contact the SAWIA office on 08 8222 9277 for further information.

Healthy Minds Healthy Vines

[Healthy Minds Healthy Vines](#) is a podcast series that aims to support South Australian grape growers' mental wellbeing, with a different focus in each episode and real-life stories of challenges and triumphs.

It is a podcast made by growers for growers, supported by the Wine Grape Council of South Australia, sponsored by PIRSA and hosted by journalist and award-winning mental health podcaster Callum MacPherson and Australian wine judge Nick Ryan. There are three series that sees growers from all regions around South Australia engaging in a down-to-earth chat.

Health and industry experts share tips and advice, with information about support services like the Are You Bugged Mate? website – areyouboggedmate.com.au – which helps men in the country talk about their mental health.

R U OK?

W: ruok.org.au

R U OK has a good list of resources on ways to check in on friends and family and information on where to find support. Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert – just a good friend and a great listener. So, if you notice someone who might be struggling – start a conversation.

Office for Small and Family Business

W: business.sa.gov.au/programs/mental-health-and-wellbeing

The Office for Small and Family Business offers a mental health and wellbeing program to support business owners and their employees to build resilience and cope with mental health challenges and stressors.

From the beginning of 2024 business owners are able to use this program to access mental health support for themselves and their employees at low or no cost. The program offers a range of support activities including masterclasses, education and training sessions, workshops, one-on-one support, psychologist-led skills sessions, webinars, e-learning, and online tools and resources.

Find out more and register for support at [Mental Health and Wellbeing Program | Small and Family Business](#)

ifarmwell

W: ifarmwell.com.au

ifarmwell is a free online toolkit designed to help farmers manage stress and improve wellbeing through practical, evidence-based strategies.

Rural Aid

W: ruralaid.org.au/mental-health-wellbeing

T: 1300 175 594

Rural aid offers free, confidential, on-farm mental health counselling delivered by trained rural counsellors.

Helplines

Alcohol and Drug Information Services

T: 1300 131 340

Beyond Blue

T: 1300 22 4636

W: beyondblue.org.au

Advice and support for people with anxiety and depression.

Kids Helpline

T: 1800 551 800 (24-hour service)

W: kidshelpline.com.au

Anonymous and confidential telephone counselling for people aged 5 to 18 years.

Lifeline

T: 13 11 14 (24-hour service)

W: lifeline.org.au

Mensline

T: 1300 78 99 78 (24-hour service)

W: mensline.org.au

Mind Australia

T: 1300 286 463

W: mindaustralia.org.au

Mind Australia offers a range of community services in South Australia.

Rural and Remote Mental Health Services

T: 13 14 65 (24-hour service)

W: sahealth.sa.gov.au/mentalhealth

South Australian Parent Helpline

T: 1300 364 100 (freecall)

Telephone information service for parents in South Australia.