



**WE ARE FARMERS  
HELPING FARMERS  
THROUGH CHALLENGING TIMES**

**0800 787 254  
(0800 RURAL HELP)**

# WHO ARE WE?

**The Otago Rural Support Trust is here to assist farming people and communities when they are experiencing challenging circumstances such as business, financial, personal, climatic or adverse events.**

We are all Otago farmers with a wide range of experience and knowledge in dealing with challenging situations.

Our coordinators will travel to where they are needed, and will meet with you one on one at a place that suits you.

## **OUR SERVICES ARE FREE AND CONFIDENTIAL**

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## **WHAT WE DO:**

### **Provide support in personal and/or financial difficulties:**

Our coordinators are trained to help find options to manage these types of rural challenges. Often all that's needed is someone to talk to and listen to your problems. We may facilitate a referral to the right professional help, such as financial and farm management, mentoring or counselling.

### **Facilitate and advocate:**

We can work on your behalf with financial organisations, government agencies and farm advisors.

### **Help during and following an adverse weather event:**

The Trust is directly linked to local Civil Defence and can provide you with information and assist you in getting emergency or ongoing help. This may include movement of stock, financial and/or family support, labour or other needs during or following an adverse event.

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## **GET IN TOUCH**



**PHONE | 0800 787 254 (0800 RURAL HELP)**

**EMAIL | [OtagoRST@gmail.com](mailto:OtagoRST@gmail.com)**

**WEBSITE | [www.rural-support.org.nz](http://www.rural-support.org.nz)**

**  | [@otagoruralsupporttrust](https://www.instagram.com/otagoruralsupporttrust)**

*Follow our social media for relevant information and events*

