

# RuralSupport

SOUTH CANTERBURY

*Rural people,  
helping rural people*

*Farming is stressful, but the Rural  
Support Trust is here to help.*

*We are local farming people who  
understand.*



Contact us -

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



[facebook.com/SouthCanterburyRuralSupportTrust](https://facebook.com/SouthCanterburyRuralSupportTrust)



## WHO ARE WE?

---

We are a team of rural people whose aim is to help rural South Canterbury. Visit our website to see a list of our trustees and how to contact them.

The Trust has trained coordinators who travel to where they are needed. **Contact is one-on-one at a place that suits you. Services are free and confidential.**

The Trust covers the South Canterbury area between the Rangitata and Waitaki Rivers, from the ocean to the main divide.

## OUR PURPOSE IS

---

***To provide support in personal and/or financial difficulties:***

Often all you need is someone to talk to. Our coordinators are trained to help and can refer you to suitable professionals e.g. financial/farm management, mentoring and counselling.

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

***To help during and after an adverse weather or environmental event:*** We work with Civil Defence to provide information to help you get emergency or ongoing aid, such as: rescue of stock; access to Rural Assistance Payments and labour; or whatever you need to get back on your feet.

[www.rural-support.org.nz](http://www.rural-support.org.nz)  
0800 787 254 | (0800 RURAL HELP)